



16. Lorsch Triathlon

Lorsch / 11.08.2019

Winkelmann, Mirko

United Runners of Pfalz

126

25.50 km

Lorsch Triathlon 0,5-20,0-5,0

Senioren 1 (TM 40)

1:14:56

117 (of 353)

108 (of 269)

57:23

9(of 25)

1:03:07

km

min/km

km

km	min/km	-	-	km	min/km	-	-	km	min/km	-	-	km	min/km	-	-
Schwimmen nett	0.50	10:59	21:57	13	3:06	134	4:00	0.50	10:59	21:57	26	3:06	269	4:00	
Wechsel S -> R	-	2:18	-	7	0:52	71	1:02	0.50	13:17	26:33	26	3:39	268	5:02	
Schwimmen	0.50	13:17	26:33	26	3:39	268	5:02	0.50	13:17	26:33	26	3:39	268	5:02	
Kontrolle Rad	6.00	11:27	1:54	9	1:03	107	2:13	6.50	24:44	3:48	26	4:42	268	6:01	
Kontrolle Rad	8.00	13:57	1:44	9	1:02	96	2:10	14.50	38:41	2:40	26	5:44	267	7:06	
Rad Ziel	6.00	10:07	1:41	8	0:37	80	1:34	20.50	48:48	2:22	26	6:21	268	8:09	
Rad	20.00	35:31	1:46	1	26:01	1	26:58	20.50	48:48	2:22	26	6:21	268	8:09	
Wechsel R -> L	-	1:20	-	14	0:43	190	0:48	20.50	50:08	2:26	26	6:31	268	8:49	
Rad	20.00	36:51	1:50	9	2:52	105	6:26	20.50	50:08	2:26	26	6:31	268	8:49	
Kontrolle Lauf	2.40	12:28	5:11	16	3:37	162	4:38	22.90	1:02:36	2:44	25	9:32	265	13:27	
Lauf Ziel	2.60	12:20	4:44	11	2:52	116	4:06	25.50	1:14:56	2:56	9	11:49	108	17:33	
Lauf	5.00	24:48	4:57	11	6:29	138	8:44	25.50	1:14:56	2:56	9	11:49	108	17:33	