



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Behrens, Frank

000: 1:15:23

00: LA Asphaltcowboys

00: 132

00: 25.50 km

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

00000/000: 123 (of 353)

00000/0: 111 (of 269)

000000: 57:23

0000:

00000: 24(of 55)

Senioren 2 (TM 45)

0000000: 1:03:12

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	11:34	23:07	36	3:03	165	4:35	0.50	11:34	23:07	56	3:03	269	4:35
Wechsel S -> R	-	3:14	-	45	1:37	199	1:58	0.50	14:48	29:36	56	4:12	268	6:33
Schwimmen 000	0.50	14:48	29:36	56	4:12	268	6:33	0.50	14:48	29:36	56	4:12	268	6:33
Kontrolle Rad	6.00	11:21	1:53	23	1:22	95	2:07	6.50	26:09	4:01	56	5:04	268	7:26
Kontrolle Rad	8.00	13:46	1:43	19	1:19	79	1:59	14.50	39:55	2:45	56	6:22	267	8:20
Rad Ziel	6.00	10:18	1:43	21	1:03	101	1:45	20.50	50:13	2:26	56	7:23	268	9:34
Rad 0	20.00	35:25	1:46	1	26:10	1	26:52	20.50	50:13	2:26	56	7:23	268	9:34
Wechsel R -> L	-	0:54	-	19	0:22	75	0:22	20.50	51:07	2:29	56	7:36	268	9:48
Rad 000	20.00	36:19	1:48	20	3:48	83	5:54	20.50	51:07	2:29	56	7:36	268	9:48
Kontrolle Lauf	2.40	11:53	4:57	25	2:35	125	4:03	22.90	1:03:00	2:45	56	9:39	265	13:51
Lauf Ziel	2.60	12:23	4:45	26	2:37	119	4:09	25.50	1:15:23	2:57	24	12:11	111	18:00
Lauf 000	5.00	24:16	4:51	26	5:10	125	8:12	25.50	1:15:23	2:57	24	12:11	111	18:00