



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Schüttler, Thomas

000: 1:15:48

00: Athletes for charity

00: 135

00: 25.50 km

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

0000:

Senioren 1 (TM 40)

00000/000: 132 (of 353)

00000/0: 119 (of 269)

000000: 57:23

00000: 12(of 25)

0000000: 1:03:07

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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	10:24	20:48	7	2:31	99	3:25	0.50	10:24	20:48	26	2:31	269	3:25
Wechsel S -> R	-	1:54	-	4	0:28	26	0:38	0.50	12:18	24:36	26	2:40	268	4:03
Schwimmen 000	0.50	12:18	24:36	26	2:40	268	4:03	0.50	12:18	24:36	26	2:40	268	4:03
Kontrolle Rad	6.00	12:10	2:01	19	1:46	178	2:56	6.50	24:28	3:45	26	4:26	268	5:45
Kontrolle Rad	8.00	13:41	1:42	5	0:46	73	1:54	14.50	38:09	2:37	26	5:12	267	6:34
Rad Ziel	6.00	10:05	1:40	6	0:35	71	1:32	20.50	48:14	2:21	26	5:47	268	7:35
Rad 0	20.00	35:56	1:47	1	26:26	1	27:23	20.50	48:14	2:21	26	5:47	268	7:35
Wechsel R -> L	-	0:53	-	5	0:16	73	0:21	20.50	49:07	2:23	26	5:30	268	7:48
Rad 000	20.00	36:49	1:50	8	2:50	104	6:24	20.50	49:07	2:23	26	5:30	268	7:48
Kontrolle Lauf	2.40	12:35	5:14	17	3:44	170	4:45	22.90	1:01:42	2:41	25	8:38	265	12:33
Lauf Ziel	2.60	14:06	5:25	17	4:38	197	5:52	25.50	1:15:48	2:58	12	12:41	119	18:25
Lauf 000	5.00	26:41	5:20	17	8:22	186	10:37	25.50	1:15:48	2:58	12	12:41	119	18:25