



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Schönung, Christian

000: 1:16:43

00: 160

00: 25.50 km

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

00000/000: 145 (of 353)

00000/0: 131 (of 269)

000000: 57:23

0000:

00000: 20(of 48)

Senioren 3 (TM 50)

0000000: 1:07:43

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	9:17	18:33	10	0:47	42	2:18	0.50	9:17	18:33	49	0:47	269	2:18
Wechsel S -> R	-	2:36	-	20	0:55	117	1:20	0.50	11:53	23:45	49	1:21	268	3:38
Schwimmen 000	0.50	11:53	23:45	49	1:21	268	3:38	0.50	11:53	23:45	49	1:21	268	3:38
Kontrolle Rad	6.00	11:22	1:53	16	0:44	98	2:08	6.50	23:15	3:34	49	1:59	268	4:32
Kontrolle Rad	8.00	13:22	1:40	7	0:13	42	1:35	14.50	36:37	2:31	49	2:02	267	5:02
Rad Ziel	6.00	10:06	1:41	14	0:32	74	1:33	20.50	46:43	2:16	49	2:07	268	6:04
Rad 0	20.00	34:50	1:44	1	25:16	1	26:17	20.50	46:43	2:16	49	2:07	268	6:04
Wechsel R -> L	-	1:13	-	26	0:39	161	0:41	20.50	47:56	2:20	49	2:34	268	6:37
Rad 000	20.00	36:03	1:48	14	1:41	75	5:38	20.50	47:56	2:20	49	2:34	268	6:37
Kontrolle Lauf	2.40	13:54	5:47	39	5:00	214	6:04	22.90	1:01:50	2:42	48	5:32	265	12:41
Lauf Ziel	2.60	14:53	5:43	40	5:38	222	6:39	25.50	1:16:43	3:00	20	9:00	131	19:20
Lauf 000	5.00	28:47	5:45	40	10:38	220	12:43	25.50	1:16:43	3:00	20	9:00	131	19:20