



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Riffel, Marc

000: 1:10:32

00: 30

00: 25.50 km

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

00000/000: 65 (of 353)

00000/0: 62 (of 269)

000000: 57:23

0000:

00000: 16(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 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	8:31	17:02	1	-	15	1:32	0.50	8:31	17:02	1	-	269	1:32
Wechsel S -> R	-	2:05	-	6	0:28	42	0:49	0.50	10:36	21:11	1	-	268	2:21
Schwimmen 000	0.50	10:36	21:11	1	-	268	2:21	0.50	10:36	21:11	1	-	268	2:21
Kontrolle Rad	6.00	11:14	1:52	18	1:15	77	2:00	6.50	21:50	3:21	56	0:45	268	3:07
Kontrolle Rad	8.00	14:09	1:46	28	1:42	120	2:22	14.50	35:59	2:28	56	2:26	267	4:24
Rad Ziel	6.00	9:54	1:39	15	0:39	52	1:21	20.50	45:53	2:14	56	3:03	39	5:14
Rad 0	20.00	35:17	1:45	1	26:02	1	26:44	20.50	45:53	2:14	56	3:03	39	5:14
Wechsel R -> L	-	0:50	-	15	0:18	61	0:18	20.50	46:43	2:16	56	3:12	268	5:24
Rad 000	20.00	36:07	1:48	19	3:36	76	5:42	20.50	46:43	2:16	56	3:12	268	5:24
Kontrolle Lauf	2.40	11:54	4:57	26	2:36	127	4:04	22.90	58:37	2:33	56	5:16	265	9:28
Lauf Ziel	2.60	11:55	4:34	22	2:09	95	3:41	25.50	1:10:32	2:45	16	7:20	62	13:09
Lauf 000	5.00	23:49	4:45	22	4:43	111	7:45	25.50	1:10:32	2:45	16	7:20	62	13:09