



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Köhler, Thomas

000: 1:16:56

00: 127

00: 25.50 km

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

0000:

Senioren 2 (TM 45)

00000/000: 149 (of 353)

00000/0: 134 (of 269)

000000: 57:23

00000: 32(of 55)

0000000: 1:03:12

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	11:37	23:14	37	3:06	168	4:38	0.50	11:37	23:14	56	3:06	269	4:38	
Wechsel S -> R	-	2:39	-	29	1:02	123	1:23	0.50	14:16	28:32	56	3:40	268	6:01	
Schwimmen 000	0.50	14:16	28:32	56	3:40	268	6:01	0.50	14:16	28:32	56	3:40	268	6:01	
Kontrolle Rad	6.00	11:18	1:53	20	1:19	85	2:04	6.50	25:34	3:55	56	4:29	268	6:51	
Kontrolle Rad	8.00	14:05	1:45	27	1:38	113	2:18	14.50	39:39	2:44	56	6:06	267	8:04	
Rad Ziel	6.00	10:20	1:43	23	1:05	106	1:47	20.50	49:59	2:26	56	7:09	268	9:20	
Rad 0	20.00	35:43	1:47	1	26:28	1	27:10	20.50	49:59	2:26	56	7:09	268	9:20	
Wechsel R -> L	-	1:49	-	54	1:17	249	1:17	20.50	51:48	2:31	56	8:17	268	10:29	
Rad 000	20.00	37:32	1:52	31	5:01	129	7:07	20.50	51:48	2:31	56	8:17	268	10:29	
Kontrolle Lauf	2.40	12:24	5:10	35	3:06	159	4:34	22.90	1:04:12	2:48	56	10:51	265	15:03	
Lauf Ziel	2.60	12:44	4:53	32	2:58	140	4:30	25.50	1:16:56	3:01	32	13:44	134	19:33	
Lauf 000	5.00	25:08	5:01	34	6:02	148	9:04	25.50	1:16:56	3:01	32	13:44	134	19:33	