



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Nordt, Andreas

000: 1:17:43

00: 134

00: 25.50 km

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

00000/000: 164 (of 353)

00000/0: 144 (of 269)

000000: 57:23

0000:

00000: 25(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	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	11:31	23:02	27	3:01	159	4:32	0.50	11:31	23:02	49	3:01	269	4:32	
Wechsel S -> R	-	2:08	-	5	0:27	51	0:52	0.50	13:39	27:18	49	3:07	268	5:24	
Schwimmen 000	0.50	13:39	27:18	49	3:07	268	5:24	0.50	13:39	27:18	49	3:07	268	5:24	
Kontrolle Rad	6.00	11:39	1:56	22	1:01	132	2:25	6.50	25:18	3:53	49	4:02	268	6:35	
Kontrolle Rad	8.00	13:57	1:44	18	0:48	96	2:10	14.50	39:15	2:42	49	4:40	267	7:40	
Rad Ziel	6.00	10:37	1:46	26	1:03	148	2:04	20.50	49:52	2:25	49	5:16	268	9:13	
Rad 0	20.00	36:13	1:48	1	26:39	1	27:40	20.50	49:52	2:25	49	5:16	268	9:13	
Wechsel R -> L	-	1:47	-	44	1:13	246	1:15	20.50	51:39	2:31	49	6:17	268	10:20	
Rad 000	20.00	38:00	1:53	22	3:38	139	7:35	20.50	51:39	2:31	49	6:17	268	10:20	
Kontrolle Lauf	2.40	12:36	5:15	32	3:42	172	4:46	22.90	1:04:15	2:48	48	7:57	265	15:06	
Lauf Ziel	2.60	13:28	5:10	31	4:13	173	5:14	25.50	1:17:43	3:02	25	10:00	144	20:20	
Lauf 000	5.00	26:04	5:12	33	7:55	175	10:00	25.50	1:17:43	3:02	25	10:00	144	20:20	