



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Mager, Hans

000: 1:17:18

00: United Teams

00: 112

00: 25.50 km

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

00000/000: 156 (of 353)

00000/0: 139 (of 269)

000000: 57:23

0000:

00000: 18(of 34)

Senioren 4 (TM 55)

0000000: 1:00:22

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0000

000

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	11:04	22:07	23	2:57	138	4:05	0.50	11:04	22:07	34	2:57	269	4:05	
Wechsel S -> R	-	2:51	-	19	1:15	148	1:35	0.50	13:55	27:49	34	4:02	146	5:40	
Schwimmen 000	0.50	13:55	27:49	34	4:02	146	5:40	0.50	13:55	27:49	34	4:02	146	5:40	
Kontrolle Rad	6.00	11:17	1:52	11	1:05	82	2:03	6.50	25:12	3:52	34	5:01	268	6:29	
Kontrolle Rad	8.00	13:58	1:44	12	1:39	100	2:11	14.50	39:10	2:42	34	6:22	267	7:35	
Rad Ziel	6.00	10:38	1:46	19	1:37	151	2:05	20.50	49:48	2:25	34	7:59	268	9:09	
Rad 0	20.00	35:53	1:47	1	26:52	1	27:20	20.50	49:48	2:25	34	7:59	268	9:09	
Wechsel R -> L	-	1:24	-	22	0:46	201	0:52	20.50	51:12	2:29	34	8:41	268	9:53	
Rad 000	20.00	37:17	1:51	18	5:03	123	6:52	20.50	51:12	2:29	34	8:41	268	9:53	
Kontrolle Lauf	2.40	12:47	5:19	20	3:59	180	4:57	22.90	1:03:59	2:47	34	12:40	265	14:50	
Lauf Ziel	2.60	13:19	5:07	20	4:16	168	5:05	25.50	1:17:18	3:01	18	16:56	139	19:55	
Lauf 000	5.00	26:06	5:13	20	8:15	177	10:02	25.50	1:17:18	3:01	18	16:56	139	19:55	