



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Felgentreu, Olaf

000: 1:18:12

00: TG Laudenbach

00: 138

00: 25.50 km

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

00000/000: 172 (of 353)

00000/0: 149 (of 269)

000000: 57:23

0000:

00000: 26(of 48)

Senioren 3 (TM 50)

0000000: 1:07:43

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:39	21:18	20	2:09	112	3:40	0.50	10:39	21:18	49	2:09	269	3:40
Wechsel S -> R	-	2:33	-	19	0:52	110	1:17	0.50	13:12	26:23	49	2:40	268	4:57
Schwimmen 000	0.50	13:12	26:23	49	2:40	268	4:57	0.50	13:12	26:23	49	2:40	268	4:57
Kontrolle Rad	6.00	11:48	1:58	27	1:10	147	2:34	6.50	25:00	3:50	49	3:44	268	6:17
Kontrolle Rad	8.00	14:48	1:51	34	1:39	171	3:01	14.50	39:48	2:44	49	5:13	267	8:13
Rad Ziel	6.00	10:59	1:49	33	1:25	174	2:26	20.50	50:47	2:28	49	6:11	142	10:08
Rad 0	20.00	37:35	1:52	1	28:01	1	29:02	20.50	50:47	2:28	49	6:11	142	10:08
Wechsel R -> L	-	1:35	-	38	1:01	229	1:03	20.50	52:22	2:33	49	7:00	268	11:03
Rad 000	20.00	39:10	1:57	34	4:48	173	8:45	20.50	52:22	2:33	49	7:00	268	11:03
Kontrolle Lauf	2.40	12:22	5:09	28	3:28	157	4:32	22.90	1:04:44	2:49	48	8:26	265	15:35
Lauf Ziel	2.60	13:28	5:10	31	4:13	173	5:14	25.50	1:18:12	3:04	26	10:29	149	20:49
Lauf 000	5.00	25:50	5:09	29	7:41	164	9:46	25.50	1:18:12	3:04	26	10:29	149	20:49