



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Kristek, Matthias

000: 1:21:06

00: TG Laudenbach

00: 137

00: 25.50 km

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

0000:

Senioren 3 (TM 50)

00000/000: 220 (of 353)

00000/0: 186 (of 269)

000000: 57:23

00000: 35(of 48)

0000000: 1:07:43

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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	12:53	25:45	37	4:23	214	5:54	0.50	12:53	25:45	49	4:23	269	5:54
Wechsel S -> R	-	2:18	-	11	0:37	71	1:02	0.50	15:11	30:22	49	4:39	268	6:56
Schwimmen 000	0.50	15:11	30:22	49	4:39	268	6:56	0.50	15:11	30:22	49	4:39	268	6:56
Kontrolle Rad	6.00	11:45	1:57	24	1:07	142	2:31	6.50	26:56	4:08	49	5:40	268	8:13
Kontrolle Rad	8.00	14:43	1:50	30	1:34	161	2:56	14.50	41:39	2:52	49	7:04	267	10:04
Rad Ziel	6.00	10:35	1:45	24	1:01	138	2:02	20.50	52:14	2:32	49	7:38	268	11:35
Rad 0	20.00	37:03	1:51	1	27:29	1	28:30	20.50	52:14	2:32	49	7:38	268	11:35
Wechsel R -> L	-	1:13	-	26	0:39	161	0:41	20.50	53:27	2:36	49	8:05	268	12:08
Rad 000	20.00	38:16	1:54	26	3:54	148	7:51	20.50	53:27	2:36	49	8:05	268	12:08
Kontrolle Lauf	2.40	13:35	5:39	37	4:41	207	5:45	22.90	1:07:02	2:55	48	10:44	265	17:53
Lauf Ziel	2.60	14:04	5:24	35	4:49	196	5:50	25.50	1:21:06	3:10	35	13:23	186	23:43
Lauf 000	5.00	27:39	5:31	36	9:30	204	11:35	25.50	1:21:06	3:10	35	13:23	186	23:43