



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Tappe, Dirk

000: 1:06:28

00: 182

00: 25.50 km

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

00000/000: 22 (of 353)

00000/0: 22 (of 269)

000000: 57:23

0000:

00000: 5(of 55)

Senioren 2 (TM 45)

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	11:58	23:56	41	3:27	185	4:59	0.50	11:58	23:56	56	3:27	269	4:59	
Wechsel S -> R	-	2:03	-	5	0:26	38	0:47	0.50	14:01	28:02	56	3:25	152	5:46	
Schwimmen 000	0.50	14:01	28:02	56	3:25	152	5:46	0.50	14:01	28:02	56	3:25	152	5:46	
Kontrolle Rad	6.00	9:59	1:39	1	-	7	0:45	6.50	24:00	3:41	15	2:55	268	5:17	
Kontrolle Rad	8.00	12:51	1:36	5	0:24	12	1:04	14.50	36:51	2:32	56	3:18	267	5:16	
Rad Ziel	6.00	9:26	1:34	4	0:11	14	0:53	20.50	46:17	2:15	12	3:27	268	5:38	
Rad 0	20.00	32:16	1:36	1	23:01	1	23:43	20.50	46:17	2:15	12	3:27	268	5:38	
Wechsel R -> L	-	0:49	-	13	0:17	56	0:17	20.50	47:06	2:17	12	3:35	268	5:47	
Rad 000	20.00	33:05	1:39	3	0:34	9	2:40	20.50	47:06	2:17	12	3:35	268	5:47	
Kontrolle Lauf	2.40	9:28	3:56	3	0:10	16	1:38	22.90	56:34	2:28	56	3:13	265	7:25	
Lauf Ziel	2.60	9:54	3:48	3	0:08	14	1:40	25.50	1:06:28	2:36	5	3:16	22	9:05	
Lauf 000	5.00	19:22	3:52	3	0:16	16	3:18	25.50	1:06:28	2:36	5	3:16	22	9:05	