



# 16. Lorsche Triathlon

Lorsch / 11.08.2019

Stoof, Uwe

VfL Stuttgart

156

25.50 km

Lorsche Triathlon 0,5-20,0-5,0

Senioren 5 (TM 60)

1:27:45

282 (of 353)

224 (of 269)

57:23

9(of 13)

1:07:28

Stoof, Uwe

Stoof, Uwe

Stoof, Uwe

| km    | min   | sec   | min/km | -     | -   | km    | min   | sec     | min/km | -  | -     | km  | min   | sec | min/km |
|-------|-------|-------|--------|-------|-----|-------|-------|---------|--------|----|-------|-----|-------|-----|--------|
| 0.50  | 9:15  | 18:30 | 1      | -     | 40  | 2:16  | 0.50  | 9:15    | 18:30  | 1  | -     | 269 | 2:16  |     |        |
| -     | 3:17  | -     | 7      | 1:40  | 204 | 2:01  | 0.50  | 12:32   | 25:03  | 3  | 1:37  | 268 | 4:17  |     |        |
| 0.50  | 12:32 | 25:03 | 3      | 1:37  | 268 | 4:17  | 0.50  | 12:32   | 25:03  | 3  | 1:37  | 268 | 4:17  |     |        |
| 6.00  | 12:21 | 2:03  | 7      | 1:26  | 194 | 3:07  | 6.50  | 24:53   | 3:49   | 4  | 2:39  | 268 | 6:10  |     |        |
| 8.00  | 15:01 | 1:52  | 7      | 1:43  | 180 | 3:14  | 14.50 | 39:54   | 2:45   | 5  | 4:06  | 267 | 8:19  |     |        |
| 6.00  | 11:26 | 1:54  | 8      | 1:54  | 207 | 2:53  | 20.50 | 51:20   | 2:30   | 14 | 5:55  | 268 | 10:41 |     |        |
| 20.00 | 38:48 | 1:56  | 1      | 29:16 | 1   | 30:15 | 20.50 | 51:20   | 2:30   | 14 | 5:55  | 268 | 10:41 |     |        |
| -     | 1:42  | -     | 10     | 0:55  | 242 | 1:10  | 20.50 | 53:02   | 2:35   | 14 | 6:50  | 268 | 11:43 |     |        |
| 20.00 | 40:30 | 2:01  | 7      | 5:58  | 203 | 10:05 | 20.50 | 53:02   | 2:35   | 14 | 6:50  | 268 | 11:43 |     |        |
| 2.40  | 16:49 | 7:00  | 12     | 6:07  | 254 | 8:59  | 22.90 | 1:09:51 | 3:03   | 14 | 12:57 | 265 | 20:42 |     |        |
| 2.60  | 17:54 | 6:53  | 12     | 7:20  | 255 | 9:40  | 25.50 | 1:27:45 | 3:26   | 9  | 20:17 | 224 | 30:22 |     |        |
| 5.00  | 34:43 | 6:56  | 12     | 13:27 | 256 | 18:39 | 25.50 | 1:27:45 | 3:26   | 9  | 20:17 | 224 | 30:22 |     |        |