



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Müller, Uwe B.

000: 1:07:43

00: Heart Racer

00: 167

00: 25.50 km

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

00000/000: 30 (of 353)

00000/0: 30 (of 269)

000000: 57:23

00000: 1(of 48)

0000000: 1:07:43

0000:

Senioren 3 (TM 50)

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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	8:51	17:41	5	0:21	24	1:52	0.50	8:51	17:41	49	0:21	269	1:52	
Wechsel S -> R	-	1:41	-	1	-	13	0:25	0.50	10:32	21:03	1	-	16	2:17	
Schwimmen 000	0.50	10:32	21:03	1	-	16	2:17	0.50	10:32	21:03	1	-	16	2:17	
Kontrolle Rad	6.00	10:44	1:47	5	0:06	32	1:30	6.50	21:16	3:16	1	-	268	2:33	
Kontrolle Rad	8.00	13:19	1:39	5	0:10	38	1:32	14.50	34:35	2:23	1	-	267	3:00	
Rad Ziel	6.00	10:01	1:40	12	0:27	63	1:28	20.50	44:36	2:10	1	-	268	3:57	
Rad 0	20.00	34:04	1:42	1	24:30	1	25:31	20.50	44:36	2:10	1	-	268	3:57	
Wechsel R -> L	-	0:49	-	11	0:15	56	0:17	20.50	45:25	2:12	49	0:03	268	4:06	
Rad 000	20.00	34:53	1:44	4	0:31	36	4:28	20.50	45:25	2:12	49	0:03	268	4:06	
Kontrolle Lauf	2.40	10:53	4:32	8	1:59	65	3:03	22.90	56:18	2:27	1	-	265	7:09	
Lauf Ziel	2.60	11:25	4:23	9	2:10	65	3:11	25.50	1:07:43	2:39	1	-	30	10:20	
Lauf 000	5.00	22:18	4:27	9	4:09	67	6:14	25.50	1:07:43	2:39	1	-	30	10:20	