



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Zarembowicz, Patrick

000: 1:08:19

00: 177

00: 25.50 km

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

0000:

männliche AK 4 (TM 35)

00000/000: 35 (of 353)

00000/0: 35 (of 269)

000000: 57:23

00000: 4(of 27)

0000000: 59:10

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0000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	9:33	19:06	5	1:52	52	2:34	0.50	9:33	19:06	5	1:52	269	2:34
Wechsel S -> R	-	2:01	-	5	0:31	36	0:45	0.50	11:34	23:07	5	1:39	268	3:19
Schwimmen 0000	0.50	11:34	23:07	5	1:39	268	3:19	0.50	11:34	23:07	5	1:39	268	3:19
Kontrolle Rad	6.00	10:51	1:48	3	1:37	42	1:37	6.50	22:25	3:26	28	3:11	268	3:42
Kontrolle Rad	8.00	13:38	1:42	6	1:17	69	1:51	14.50	36:03	2:29	28	4:28	267	4:28
Rad Ziel	6.00	9:38	1:36	6	0:23	28	1:05	20.50	45:41	2:13	28	4:51	268	5:02
Rad 0	20.00	34:07	1:42	1	24:52	1	25:34	20.50	45:41	2:13	28	4:51	268	5:02
Wechsel R -> L	-	1:01	-	10	0:19	108	0:29	20.50	46:42	2:16	28	4:42	36	5:23
Rad 0000	20.00	35:08	1:45	4	3:08	42	4:43	20.50	46:42	2:16	28	4:42	36	5:23
Kontrolle Lauf	2.40	10:30	4:22	5	1:19	44	2:40	22.90	57:12	2:29	27	0:36	265	8:03
Lauf Ziel	2.60	11:07	4:16	9	1:38	53	2:53	25.50	1:08:19	2:40	4	9:09	35	10:56
Lauf 0000	5.00	21:37	4:19	8	4:27	50	5:33	25.50	1:08:19	2:40	4	9:09	35	10:56