



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Bergsträßer, Marcus

000: 1:08:40

00: 174

00: 25.50 km

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

00000/000: 39 (of 353)

00000/0: 38 (of 269)

000000: 57:23

0000:

00000: 3(of 25)

Senioren 1 (TM 40)

0000000: 1:03:07

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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	10:51	21:41	12	2:58	124	3:52	0.50	10:51	21:41	26	2:58	269	3:52	
Wechsel S -> R	-	1:51	-	3	0:25	23	0:35	0.50	12:42	25:23	26	3:04	268	4:27	
Schwimmen 000	0.50	12:42	25:23	26	3:04	268	4:27	0.50	12:42	25:23	26	3:04	268	4:27	
Kontrolle Rad	6.00	11:07	1:51	4	0:43	66	1:53	6.50	23:49	3:39	26	3:47	268	5:06	
Kontrolle Rad	8.00	13:51	1:43	6	0:56	87	2:04	14.50	37:40	2:35	26	4:43	267	6:05	
Rad Ziel	6.00	10:01	1:40	5	0:31	63	1:28	20.50	47:41	2:19	26	5:14	268	7:02	
Rad 0	20.00	34:59	1:44	1	25:29	1	26:26	20.50	47:41	2:19	26	5:14	268	7:02	
Wechsel R -> L	-	1:15	-	12	0:38	172	0:43	20.50	48:56	2:23	26	5:19	268	7:37	
Rad 000	20.00	36:14	1:48	7	2:15	81	5:49	20.50	48:56	2:23	26	5:19	268	7:37	
Kontrolle Lauf	2.40	9:31	3:57	3	0:40	17	1:41	22.90	58:27	2:33	25	5:23	265	9:18	
Lauf Ziel	2.60	10:13	3:55	3	0:45	19	1:59	25.50	1:08:40	2:41	3	5:33	38	11:17	
Lauf 000	5.00	19:44	3:56	3	1:25	19	3:40	25.50	1:08:40	2:41	3	5:33	38	11:17	