



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Beck, Dr. Heiko

000: 1:08:41

00: Dwpbank-Kette rechts!

00: 213

00: 25.50 km

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

0000:

Senioren 3 (TM 50)

00000/000: 41 (of 353)

00000/0: 40 (of 269)

000000: 57:23

00000: 3(of 48)

0000000: 1:07:43

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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	10:19	20:37	16	1:49	92	3:20	0.50	10:19	20:37	49	1:49	269	3:20	
Wechsel S -> R	-	2:24	-	13	0:43	85	1:08	0.50	12:43	25:26	16	2:11	268	4:28	
Schwimmen 000	0.50	12:43	25:26	16	2:11	268	4:28	0.50	12:43	25:26	16	2:11	268	4:28	
Kontrolle Rad	6.00	10:39	1:46	2	0:01	27	1:25	6.50	23:22	3:35	10	2:06	268	4:39	
Kontrolle Rad	8.00	13:09	1:38	1	-	24	1:22	14.50	36:31	2:31	7	1:56	267	4:56	
Rad Ziel	6.00	9:41	1:36	2	0:07	31	1:08	20.50	46:12	2:15	7	1:36	268	5:33	
Rad 0	20.00	33:29	1:40	1	23:55	1	24:56	20.50	46:12	2:15	7	1:36	268	5:33	
Wechsel R -> L	-	1:14	-	30	0:40	169	0:42	20.50	47:26	2:18	49	2:04	268	6:07	
Rad 000	20.00	34:43	1:44	3	0:21	33	4:18	20.50	47:26	2:18	49	2:04	268	6:07	
Kontrolle Lauf	2.40	10:09	4:13	3	1:15	32	2:19	22.90	57:35	2:30	5	1:17	265	8:26	
Lauf Ziel	2.60	11:06	4:16	6	1:51	51	2:52	25.50	1:08:41	2:41	3	0:58	40	11:18	
Lauf 000	5.00	21:15	4:15	3	3:06	37	5:11	25.50	1:08:41	2:41	3	0:58	40	11:18	