



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Lammer, Oliver

000: 1:08:42

00: TTV Topspin Lorsch

00: 196

00: 25.50 km

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

00000/000: 42 (of 353)

00000/0: 41 (of 269)

000000: 57:23

0000:

00000: 9(of 55)

Senioren 2 (TM 45)

0000000: 1:03:12

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	9:16	18:32	5	0:45	41	2:17	0.50	9:16	18:32	56	0:45	269	2:17
Wechsel S -> R	-	2:28	-	26	0:51	99	1:12	0.50	11:44	23:27	56	1:08	46	3:29
Schwimmen 000	0.50	11:44	23:27	56	1:08	46	3:29	0.50	11:44	23:27	56	1:08	46	3:29
Kontrolle Rad	6.00	10:35	1:45	10	0:36	25	1:21	6.50	22:19	3:25	6	1:14	268	3:36
Kontrolle Rad	8.00	13:14	1:39	12	0:47	30	1:27	14.50	35:33	2:27	56	2:00	267	3:58
Rad Ziel	6.00	9:49	1:38	11	0:34	41	1:16	20.50	45:22	2:12	7	2:32	268	4:43
Rad 0	20.00	33:38	1:40	1	24:23	1	25:05	20.50	45:22	2:12	7	2:32	268	4:43
Wechsel R -> L	-	0:57	-	21	0:25	87	0:25	20.50	46:19	2:15	7	2:48	268	5:00
Rad 000	20.00	34:35	1:43	11	2:04	31	4:10	20.50	46:19	2:15	7	2:48	268	5:00
Kontrolle Lauf	2.40	11:00	4:35	15	1:42	74	3:10	22.90	57:19	2:30	56	3:58	265	8:10
Lauf Ziel	2.60	11:23	4:22	15	1:37	63	3:09	25.50	1:08:42	2:41	9	5:30	41	11:19
Lauf 000	5.00	22:23	4:28	15	3:17	68	6:19	25.50	1:08:42	2:41	9	5:30	41	11:19