



16. Lorscher Triathlon

Lorsch / 11.08.2019

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Dreißigacker, Michael

000: 1:09:38

00: High Moves Kletterhalle Bensheim

00: 204

00: 25.50 km

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

00000/000: 54 (of 353)

00000/0: 52 (of 269)

000000: 57:23

0000:

00000: 14(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	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:23	20:45	18	1:52	97	3:24	0.50	10:23	20:45	56	1:52	269	3:24
Wechsel S -> R	-	2:25	-	22	0:48	89	1:09	0.50	12:48	25:36	56	2:12	268	4:33
Schwimmen 000	0.50	12:48	25:36	56	2:12	268	4:33	0.50	12:48	25:36	56	2:12	268	4:33
Kontrolle Rad	6.00	10:23	1:43	5	0:24	15	1:09	6.50	23:11	3:34	11	2:06	268	4:28
Kontrolle Rad	8.00	13:00	1:37	8	0:33	20	1:13	14.50	36:11	2:29	56	2:38	46	4:36
Rad Ziel	6.00	9:24	1:34	3	0:09	11	0:51	20.50	45:35	2:13	8	2:45	268	4:56
Rad 0	20.00	32:47	1:38	1	23:32	1	24:14	20.50	45:35	2:13	8	2:45	268	4:56
Wechsel R -> L	-	1:13	-	37	0:41	161	0:41	20.50	46:48	2:16	10	3:17	268	5:29
Rad 000	20.00	34:00	1:42	7	1:29	21	3:35	20.50	46:48	2:16	10	3:17	268	5:29
Kontrolle Lauf	2.40	11:16	4:41	19	1:58	92	3:26	22.90	58:04	2:32	56	4:43	265	8:55
Lauf Ziel	2.60	11:34	4:26	17	1:48	72	3:20	25.50	1:09:38	2:43	14	6:26	52	12:15
Lauf 000	5.00	22:50	4:33	17	3:44	80	6:46	25.50	1:09:38	2:43	14	6:26	52	12:15