



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Foltz, Frieder

000: 1:13:09

00: 15

00: 25.50 km

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

00000/000: 94 (of 353)

00000/0: 89 (of 269)

000000: 57:23

0000:

00000: 13(of 48)

Senioren 3 (TM 50)

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	11:29	22:57	26	2:59	157	4:30	0.50	11:29	22:57	26	2:59	269	4:30	
Wechsel S -> R	-	2:45	-	24	1:04	140	1:29	0.50	14:14	28:27	49	3:42	268	5:59	
Schwimmen 000	0.50	14:14	28:27	49	3:42	268	5:59	0.50	14:14	28:27	49	3:42	268	5:59	
Kontrolle Rad	6.00	10:38	1:46	1	-	26	1:24	6.50	24:52	3:49	49	3:36	268	6:09	
Kontrolle Rad	8.00	13:35	1:41	12	0:26	61	1:48	14.50	38:27	2:39	49	3:52	267	6:52	
Rad Ziel	6.00	9:55	1:39	7	0:21	54	1:22	20.50	48:22	2:21	49	3:46	268	7:43	
Rad 0	20.00	34:08	1:42	1	24:34	1	25:35	20.50	48:22	2:21	49	3:46	268	7:43	
Wechsel R -> L	-	1:05	-	21	0:31	125	0:33	20.50	49:27	2:24	49	4:05	90	8:08	
Rad 000	20.00	35:13	1:45	7	0:51	46	4:48	20.50	49:27	2:24	49	4:05	90	8:08	
Kontrolle Lauf	2.40	11:43	4:52	19	2:49	117	3:53	22.90	1:01:10	2:40	48	4:52	265	12:01	
Lauf Ziel	2.60	11:59	4:36	14	2:44	97	3:45	25.50	1:13:09	2:52	13	5:26	89	15:46	
Lauf 000	5.00	23:42	4:44	16	5:33	109	7:38	25.50	1:13:09	2:52	13	5:26	89	15:46	