



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Fettinger, Armin

000: 1:11:33

00: TSV Amicitia Viernheim

00: 165

00: 25.50 km

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

00000/000: 73 (of 353)

00000/0: 70 (of 269)

000000: 57:23

0000:

00000: 8(of 34)

Senioren 4 (TM 55)

0000000: 1:00:22

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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	11:00	22:00	22	2:53	136	4:01	0.50	11:00	22:00	34	2:53	269	4:01
Wechsel S -> R	-	2:03	-	4	0:27	38	0:47	0.50	13:03	26:06	34	3:10	268	4:48
Schwimmen 000	0.50	13:03	26:06	34	3:10	268	4:48	0.50	13:03	26:06	34	3:10	268	4:48
Kontrolle Rad	6.00	11:11	1:51	8	0:59	73	1:57	6.50	24:14	3:43	34	4:03	268	5:31
Kontrolle Rad	8.00	13:23	1:40	6	1:04	43	1:36	14.50	37:37	2:35	34	4:49	267	6:02
Rad Ziel	6.00	9:52	1:38	6	0:51	49	1:19	20.50	47:29	2:18	34	5:40	268	6:50
Rad 0	20.00	34:26	1:43	1	25:25	1	25:53	20.50	47:29	2:18	34	5:40	268	6:50
Wechsel R -> L	-	0:48	-	5	0:10	48	0:16	20.50	48:17	2:21	34	5:46	268	6:58
Rad 000	20.00	35:14	1:45	6	3:00	48	4:49	20.50	48:17	2:21	34	5:46	268	6:58
Kontrolle Lauf	2.40	11:27	4:46	12	2:39	104	3:37	22.90	59:44	2:36	34	8:25	265	10:35
Lauf Ziel	2.60	11:49	4:32	10	2:46	90	3:35	25.50	1:11:33	2:48	8	11:11	70	14:10
Lauf 000	5.00	23:16	4:39	10	5:25	95	7:12	25.50	1:11:33	2:48	8	11:11	70	14:10