



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Knoll, Thomas

000: 1:12:32

00: 207

00: 25.50 km

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

00000/000: 82 (of 353)

00000/0: 78 (of 269)

000000: 57:23

0000:

00000: 11(of 48)

Senioren 3 (TM 50)

0000000: 1:07:43

0000

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000

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	10:32	21:03	19	2:02	108	3:33	0.50	10:32	21:03	49	2:02	109	3:33	
Wechsel S -> R	-	2:39	-	21	0:58	123	1:23	0.50	13:11	26:22	19	2:39	268	4:56	
Schwimmen 000	0.50	13:11	26:22	19	2:39	268	4:56	0.50	13:11	26:22	19	2:39	268	4:56	
Kontrolle Rad	6.00	10:49	1:48	6	0:11	39	1:35	6.50	24:00	3:41	17	2:44	268	5:17	
Kontrolle Rad	8.00	13:37	1:42	13	0:28	65	1:50	14.50	37:37	2:35	12	3:02	267	6:02	
Rad Ziel	6.00	10:00	1:40	9	0:26	59	1:27	20.50	47:37	2:19	12	3:01	268	6:58	
Rad 0	20.00	34:26	1:43	1	24:52	1	25:53	20.50	47:37	2:19	12	3:01	268	6:58	
Wechsel R -> L	-	0:55	-	12	0:21	82	0:23	20.50	48:32	2:22	49	3:10	268	7:13	
Rad 000	20.00	35:21	1:46	9	0:59	52	4:56	20.50	48:32	2:22	49	3:10	268	7:13	
Kontrolle Lauf	2.40	11:30	4:47	16	2:36	108	3:40	22.90	1:00:02	2:37	10	3:44	265	10:53	
Lauf Ziel	2.60	12:30	4:48	21	3:15	127	4:16	25.50	1:12:32	2:50	11	4:49	78	15:09	
Lauf 000	5.00	24:00	4:47	19	5:51	117	7:56	25.50	1:12:32	2:50	11	4:49	78	15:09	