



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Sommerschuh, Uwe

000: 1:14:19

00: Helaba BSG Triathlon

00: 188

00: 25.50 km

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

00000/000: 106 (of 353)

00000/0: 100 (of 269)

000000: 57:23

0000:

00000: 21(of 55)

Senioren 2 (TM 45)

0000000: 1:03:12

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0000

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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	11:18	22:36	31	2:47	149	4:19	0.50	11:18	22:36	56	2:47	269	4:19
Wechsel S -> R	-	2:22	-	18	0:45	78	1:06	0.50	13:40	27:19	56	3:04	130	5:25
Schwimmen 000	0.50	13:40	27:19	56	3:04	130	5:25	0.50	13:40	27:19	56	3:04	130	5:25
Kontrolle Rad	6.00	11:21	1:53	23	1:22	95	2:07	6.50	25:01	3:50	26	3:56	268	6:18
Kontrolle Rad	8.00	13:46	1:43	19	1:19	79	1:59	14.50	38:47	2:40	56	5:14	267	7:12
Rad Ziel	6.00	10:23	1:43	29	1:08	117	1:50	20.50	49:10	2:23	23	6:20	268	8:31
Rad 0	20.00	35:30	1:46	1	26:15	1	26:57	20.50	49:10	2:23	23	6:20	268	8:31
Wechsel R -> L	-	0:51	-	18	0:19	69	0:19	20.50	50:01	2:26	20	6:30	268	8:42
Rad 000	20.00	36:21	1:49	21	3:50	84	5:56	20.50	50:01	2:26	20	6:30	268	8:42
Kontrolle Lauf	2.40	11:50	4:55	24	2:32	124	4:00	22.90	1:01:51	2:42	56	8:30	265	12:42
Lauf Ziel	2.60	12:28	4:47	27	2:42	123	4:14	25.50	1:14:19	2:54	21	11:07	100	16:56
Lauf 000	5.00	24:18	4:51	28	5:12	127	8:14	25.50	1:14:19	2:54	21	11:07	100	16:56