



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Barth, Gerhard

000: 1:13:24

00: 32

00: 25.50 km

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

0000:

Senioren 6 (TM 65)

00000/000: 96 (of 353)

00000/0: 91 (of 269)

000000: 57:23

00000: 1(of 8)

0000000: 1:13:24

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:31	21:02	1	-	105	3:32	0.50	10:31	21:02	1	-	269	3:32
Wechsel S -> R	-	2:07	-	1	-	47	0:51	0.50	12:38	25:15	1	-	268	4:23
Schwimmen 000	0.50	12:38	25:15	1	-	268	4:23	0.50	12:38	25:15	1	-	268	4:23
Kontrolle Rad	6.00	11:02	1:50	1	-	59	1:48	6.50	23:40	3:38	1	-	268	4:57
Kontrolle Rad	8.00	13:37	1:42	1	-	65	1:50	14.50	37:17	2:34	1	-	267	5:42
Rad Ziel	6.00	10:05	1:40	1	-	71	1:32	20.50	47:22	2:18	1	-	268	6:43
Rad 0	20.00	34:44	1:44	1	24:39	1	26:11	20.50	47:22	2:18	1	-	268	6:43
Wechsel R -> L	-	0:40	-	1	-	12	0:08	20.50	48:02	2:20	1	-	268	6:43
Rad 000	20.00	35:24	1:46	1	-	53	4:59	20.50	48:02	2:20	1	-	268	6:43
Kontrolle Lauf	2.40	12:20	5:08	2	0:01	153	4:30	22.90	1:00:22	2:38	1	-	265	11:13
Lauf Ziel	2.60	13:02	5:00	1	-	152	4:48	25.50	1:13:24	2:52	1	-	91	16:01
Lauf 000	5.00	25:22	5:04	1	-	154	9:18	25.50	1:13:24	2:52	1	-	91	16:01