



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Schott, Stefan

000: 1:15:36

00: TSV Amicitia Viernheim

00: 184

00: 25.50 km

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

00000/000: 128 (of 353)

00000/0: 115 (of 269)

000000: 57:23

0000:

00000: 26(of 55)

Senioren 2 (TM 45)

0000000: 1:03:12

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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	11:14	22:27	28	2:43	145	4:15	0.50	11:14	22:27	56	2:43	269	4:15
Wechsel S -> R	-	2:22	-	18	0:45	78	1:06	0.50	13:36	27:11	56	3:00	268	5:21
Schwimmen 000	0.50	13:36	27:11	56	3:00	268	5:21	0.50	13:36	27:11	56	3:00	268	5:21
Kontrolle Rad	6.00	11:24	1:54	25	1:25	100	2:10	6.50	25:00	3:50	25	3:55	268	6:17
Kontrolle Rad	8.00	13:46	1:43	19	1:19	79	1:59	14.50	38:46	2:40	56	5:13	267	7:11
Rad Ziel	6.00	10:20	1:43	23	1:05	106	1:47	20.50	49:06	2:23	21	6:16	268	8:27
Rad 0	20.00	35:30	1:46	1	26:15	1	26:57	20.50	49:06	2:23	21	6:16	268	8:27
Wechsel R -> L	-	1:00	-	26	0:28	104	0:28	20.50	50:06	2:26	22	6:35	268	8:47
Rad 000	20.00	36:30	1:49	22	3:59	89	6:05	20.50	50:06	2:26	22	6:35	268	8:47
Kontrolle Lauf	2.40	12:25	5:10	36	3:07	160	4:35	22.90	1:02:31	2:43	56	9:10	265	13:22
Lauf Ziel	2.60	13:05	5:01	38	3:19	155	4:51	25.50	1:15:36	2:57	26	12:24	115	18:13
Lauf 000	5.00	25:30	5:05	36	6:24	157	9:26	25.50	1:15:36	2:57	26	12:24	115	18:13