



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Uster, Jonas

000: 57:23

00: SV Nikar Heidelberg

00: 229

00: 25.50 km

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

00000/000: 1 (of 353)

00000/0: 1 (of 269)

000000: 57:23

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00000: 1(of 10)

männliche AK 1 (TM 20)

0000000: 57:23

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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	8:07	16:14	3	1:08	7	1:08	0.50	8:07	16:14	3	1:08	7	1:08	
Wechsel S -> R	-	1:24	-	2	0:08	2	0:08	0.50	9:31	19:02	2	1:16	2	1:16	
Schwimmen 000	0.50	9:31	19:02	2	1:16	2	1:16	0.50	9:31	19:02	2	1:16	2	1:16	
Kontrolle Rad	6.00	9:55	1:39	1	-	5	0:41	6.50	19:26	2:59	2	0:43	3	0:43	
Kontrolle Rad	8.00	12:13	1:31	1	-	3	0:26	14.50	31:39	2:10	1	-	267	0:04	
Rad Ziel	6.00	9:00	1:30	1	-	3	0:27	20.50	40:39	1:58	1	-	1	-	
Rad 0	20.00	31:08	1:33	1	22:08	1	22:35	20.50	40:39	1:58	1	-	1	-	
Wechsel R -> L	-	0:40	-	2	0:08	12	0:08	20.50	41:19	2:00	1	-	1	-	
Rad 000	20.00	31:48	1:35	1	-	3	1:23	20.50	41:19	2:00	1	-	1	-	
Kontrolle Lauf	2.40	7:50	3:15	1	-	1	-	22.90	49:09	2:08	1	-	1	-	
Lauf Ziel	2.60	8:14	3:09	1	-	1	-	25.50	57:23	2:15	1	-	1	-	
Lauf 000	5.00	16:04	3:12	1	-	1	-	25.50	57:23	2:15	1	-	1	-	