



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Haag, Robert

000: 1:17:29

00: LAZ Mosbach/Elztal

00: 183

00: 25.50 km

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

00000/000: 158 (of 353)

00000/0: 140 (of 269)

000000: 57:23

0000:

00000: 5(of 13)

Senioren 5 (TM 60)

0000000: 1:07:28

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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	13:32	27:03	9	4:17	231	6:33	0.50	13:32	27:03	14	4:17	269	6:33
Wechsel S -> R	-	3:40	-	10	2:03	231	2:24	0.50	17:12	34:23	14	6:17	268	8:57
Schwimmen 000	0.50	17:12	34:23	14	6:17	268	8:57	0.50	17:12	34:23	14	6:17	268	8:57
Kontrolle Rad	6.00	11:03	1:50	3	0:08	60	1:49	6.50	28:15	4:20	14	6:01	268	9:32
Kontrolle Rad	8.00	13:54	1:44	5	0:36	91	2:07	14.50	42:09	2:54	14	6:21	267	10:34
Rad Ziel	6.00	10:22	1:43	5	0:50	115	1:49	20.50	52:31	2:33	14	7:06	268	11:52
Rad 0	20.00	35:19	1:45	1	25:47	1	26:46	20.50	52:31	2:33	14	7:06	268	11:52
Wechsel R -> L	-	1:27	-	8	0:40	209	0:55	20.50	53:58	2:37	14	7:46	268	12:39
Rad 000	20.00	36:46	1:50	5	2:14	101	6:21	20.50	53:58	2:37	14	7:46	268	12:39
Kontrolle Lauf	2.40	11:22	4:44	4	0:40	98	3:32	22.90	1:05:20	2:51	14	8:26	265	16:11
Lauf Ziel	2.60	12:09	4:40	3	1:35	104	3:55	25.50	1:17:29	3:02	5	10:01	140	20:06
Lauf 000	5.00	23:31	4:42	4	2:15	104	7:27	25.50	1:17:29	3:02	5	10:01	140	20:06