



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Frommhold, Alexander

000: 1:13:57

00: CEM's Triathlonfreunde

00: 13

00: 25.50 km

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

00000/000: 104 (of 353)

00000/0: 98 (of 269)

000000: 57:23

0000:

männliche AK 3 (TM 30)

00000: 12(of 18)

0000000: 1:01:26

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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	12:28	24:56	17	4:26	199	5:29	0.50	12:28	24:56	17	4:26	269	5:29
Wechsel S -> R	-	3:07	-	17	1:32	186	1:51	0.50	15:35	31:10	17	5:51	268	7:20
Schwimmen 000	0.50	15:35	31:10	17	5:51	268	7:20	0.50	15:35	31:10	17	5:51	268	7:20
Kontrolle Rad	6.00	11:46	1:57	14	2:29	143	2:32	6.50	27:21	4:12	16	7:47	268	8:38
Kontrolle Rad	8.00	14:15	1:46	13	2:28	133	2:28	14.50	41:36	2:52	15	9:50	267	10:01
Rad Ziel	6.00	10:09	1:41	11	1:36	82	1:36	20.50	51:45	2:31	15	10:57	268	11:06
Rad 0	20.00	36:10	1:48	1	27:37	1	27:37	20.50	51:45	2:31	15	10:57	268	11:06
Wechsel R -> L	-	1:05	-	13	0:27	125	0:33	20.50	52:50	2:34	15	11:22	268	11:31
Rad 000	20.00	37:15	1:51	12	6:50	121	6:50	20.50	52:50	2:34	15	11:22	268	11:31
Kontrolle Lauf	2.40	10:09	4:13	6	1:30	32	2:19	22.90	1:02:59	2:45	13	11:49	265	13:50
Lauf Ziel	2.60	10:58	4:13	6	2:06	40	2:44	25.50	1:13:57	2:53	12	12:31	98	16:34
Lauf 000	5.00	21:07	4:13	6	3:33	34	5:03	25.50	1:13:57	2:53	12	12:31	98	16:34