



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Smejkal, Emil

00: SG Poseidon Eppelheim

00: 186

00: 25.50 km

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

0000:

Senioren 7 (TM 70)

000: 1:18:25

00000/000: 177 (of 353)

00000/0: 153 (of 269)

000000: 57:23

00000: 1(of 5)

0000000: 1:18:25

0000

0000

000

| 000            | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 13:33    | 27:06        | 2       | 0:43    | 232     | 6:34    | 0.50      | 13:33     | 27:06         | 6       | 0:43    | 269     | 6:34    |
| Wechsel S -> R | -        | 2:39     | -            | 1       | -       | 123     | 1:23    | 0.50      | 16:12     | 32:23         | 6       | 0:15    | 268     | 7:57    |
| Schwimmen 000  | 0.50     | 16:12    | 32:23        | 6       | 0:15    | 268     | 7:57    | 0.50      | 16:12     | 32:23         | 6       | 0:15    | 268     | 7:57    |
| Kontrolle Rad  | 6.00     | 11:08    | 1:51         | 1       | -       | 68      | 1:54    | 6.50      | 27:20     | 4:12          | 1       | -       | 268     | 8:37    |
| Kontrolle Rad  | 8.00     | 14:13    | 1:46         | 2       | 0:09    | 125     | 2:26    | 14.50     | 41:33     | 2:51          | 6       | 0:04    | 267     | 9:58    |
| Rad Ziel       | 6.00     | 10:24    | 1:44         | 1       | -       | 118     | 1:51    | 20.50     | 51:57     | 2:32          | 6       | 0:02    | 268     | 11:18   |
| Rad 0          | 20.00    | 35:45    | 1:47         | 1       | 25:21   | 1       | 27:12   | 20.50     | 51:57     | 2:32          | 6       | 0:02    | 268     | 11:18   |
| Wechsel R -> L | -        | 1:34     | -            | 3       | 0:44    | 226     | 1:02    | 20.50     | 53:31     | 2:36          | 6       | 0:46    | 268     | 12:12   |
| Rad 000        | 20.00    | 37:19    | 1:51         | 2       | 0:31    | 124     | 6:54    | 20.50     | 53:31     | 2:36          | 6       | 0:46    | 268     | 12:12   |
| Kontrolle Lauf | 2.40     | 12:18    | 5:07         | 1       | -       | 147     | 4:28    | 22.90     | 1:05:49   | 2:52          | 1       | -       | 265     | 16:40   |
| Lauf Ziel      | 2.60     | 12:36    | 4:50         | 1       | -       | 131     | 4:22    | 25.50     | 1:18:25   | 3:04          | 1       | -       | 153     | 21:02   |
| Lauf 000       | 5.00     | 24:54    | 4:58         | 1       | -       | 142     | 8:50    | 25.50     | 1:18:25   | 3:04          | 1       | -       | 153     | 21:02   |