



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Bernhardt, Harald

000: 1:18:38

00: TSG Maxdorf

00: 179

00: 25.50 km

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

0000:

Senioren 5 (TM 60)

00000/000: 180 (of 353)

00000/0: 155 (of 269)

000000: 57:23

00000: 6(of 13)

0000000: 1:07:28

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	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	10:31	21:02	5	1:16	105	3:32	0.50	10:31	21:02	14	1:16	269	3:32
Wechsel S -> R	-	2:46	-	5	1:09	141	1:30	0.50	13:17	26:33	14	2:22	268	5:02
Schwimmen 000	0.50	13:17	26:33	14	2:22	268	5:02	0.50	13:17	26:33	14	2:22	268	5:02
Kontrolle Rad	6.00	12:49	2:08	9	1:54	219	3:35	6.50	26:06	4:00	14	3:52	268	7:23
Kontrolle Rad	8.00	15:46	1:58	9	2:28	218	3:59	14.50	41:52	2:53	14	6:04	267	10:17
Rad Ziel	6.00	11:43	1:57	9	2:11	221	3:10	20.50	53:35	2:36	14	8:10	268	12:56
Rad 0	20.00	40:18	2:00	1	30:46	1	31:45	20.50	53:35	2:36	14	8:10	268	12:56
Wechsel R -> L	-	1:14	-	6	0:27	169	0:42	20.50	54:49	2:40	14	8:37	268	13:30
Rad 000	20.00	41:32	2:04	9	7:00	217	11:07	20.50	54:49	2:40	14	8:37	268	13:30
Kontrolle Lauf	2.40	11:33	4:48	5	0:51	110	3:43	22.90	1:06:22	2:53	14	9:28	265	17:13
Lauf Ziel	2.60	12:16	4:43	4	1:42	112	4:02	25.50	1:18:38	3:05	6	11:10	155	21:15
Lauf 000	5.00	23:49	4:45	5	2:33	112	7:45	25.50	1:18:38	3:05	6	11:10	155	21:15