



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Niebel, Michael

000: 1:38:39

00: 157

00: 25.50 km

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

00000/000: 333 (of 353)

00000/0: 258 (of 269)

000000: 57:23

0000:

Senioren 3 (TM 50)

00000: 47(of 48)

0000000: 1:07:43

0000

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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	18:07	36:14	48	9:37	268	11:08	0.50	18:07	36:14	49	9:37	269	11:08	
Wechsel S -> R	-	4:23	-	47	2:42	250	3:07	0.50	22:30	45:00	49	11:58	268	14:15	
Schwimmen 000	0.50	22:30	45:00	49	11:58	268	14:15	0.50	22:30	45:00	49	11:58	268	14:15	
Kontrolle Rad	6.00	13:55	2:19	47	3:17	251	4:41	6.50	36:25	5:36	49	15:09	268	17:42	
Kontrolle Rad	8.00	16:41	2:05	45	3:32	235	4:54	14.50	53:06	3:39	49	18:31	267	21:31	
Rad Ziel	6.00	11:24	1:54	41	1:50	205	2:51	20.50	1:04:30	3:08	49	19:54	268	23:51	
Rad 0	20.00	42:00	2:06	1	32:26	1	33:27	20.50	1:04:30	3:08	49	19:54	268	23:51	
Wechsel R -> L	-	1:57	-	46	1:23	255	1:25	20.50	1:06:27	3:14	49	21:05	268	25:08	
Rad 000	20.00	43:57	2:11	44	9:35	236	13:32	20.50	1:06:27	3:14	49	21:05	268	25:08	
Kontrolle Lauf	2.40	15:29	6:27	43	6:35	245	7:39	22.90	1:21:56	3:34	48	25:38	265	32:47	
Lauf Ziel	2.60	16:43	6:25	44	7:28	246	8:29	25.50	1:38:39	3:52	47	30:56	258	41:16	
Lauf 000	5.00	32:12	6:26	44	14:03	247	16:08	25.50	1:38:39	3:52	47	30:56	258	41:16	