



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Fiebig, Thorsten

000: 1:19:17

00: 170

00: 25.50 km

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

0000:

Senioren 3 (TM 50)

00000/000: 194 (of 353)

00000/0: 167 (of 269)

000000: 57:23

00000: 33(of 48)

0000000: 1:07:43

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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	13:00	26:00	38	4:30	218	6:01	0.50	13:00	26:00	49	4:30	269	6:01
Wechsel S -> R	-	3:15	-	38	1:34	200	1:59	0.50	16:15	32:30	38	5:43	268	8:00
Schwimmen 000	0.50	16:15	32:30	38	5:43	268	8:00	0.50	16:15	32:30	38	5:43	268	8:00
Kontrolle Rad	6.00	11:51	1:58	28	1:13	151	2:37	6.50	28:06	4:19	35	6:50	268	9:23
Kontrolle Rad	8.00	14:32	1:49	25	1:23	146	2:45	14.50	42:38	2:56	33	8:03	267	11:03
Rad Ziel	6.00	10:45	1:47	28	1:11	159	2:12	20.50	53:23	2:36	33	8:47	268	12:44
Rad 0	20.00	37:08	1:51	1	27:34	1	28:35	20.50	53:23	2:36	33	8:47	268	12:44
Wechsel R -> L	-	1:40	-	41	1:06	238	1:08	20.50	55:03	2:41	49	9:41	268	13:44
Rad 000	20.00	38:48	1:56	31	4:26	165	8:23	20.50	55:03	2:41	49	9:41	268	13:44
Kontrolle Lauf	2.40	11:45	4:53	20	2:51	121	3:55	22.90	1:06:48	2:55	33	10:30	265	17:39
Lauf Ziel	2.60	12:29	4:48	20	3:14	125	4:15	25.50	1:19:17	3:06	33	11:34	167	21:54
Lauf 000	5.00	24:14	4:50	21	6:05	124	8:10	25.50	1:19:17	3:06	33	11:34	167	21:54