



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Freier, Florian

000: 1:20:03

00: 192

00: 25.50 km

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

0000:

männliche AK 1 (TM 20)

00000/000: 204 (of 353)

00000/0: 174 (of 269)

000000: 57:23

00000: 6(of 10)

0000000: 57:23

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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	9:22	18:44	6	2:23	46	2:23	0.50	9:22	18:44	11	2:23	269	2:23
Wechsel S -> R	-	3:23	-	9	2:07	214	2:07	0.50	12:45	25:30	11	4:30	268	4:30
Schwimmen 000	0.50	12:45	25:30	11	4:30	268	4:30	0.50	12:45	25:30	11	4:30	268	4:30
Kontrolle Rad	6.00	12:02	2:00	6	2:07	169	2:48	6.50	24:47	3:48	11	6:04	268	6:04
Kontrolle Rad	8.00	14:40	1:49	6	2:27	154	2:53	14.50	39:27	2:43	11	7:48	267	7:52
Rad Ziel	6.00	11:55	1:59	8	2:55	229	3:22	20.50	51:22	2:30	11	10:43	268	10:43
Rad 0	20.00	38:37	1:55	1	29:37	1	30:04	20.50	51:22	2:30	11	10:43	268	10:43
Wechsel R -> L	-	1:06	-	7	0:34	132	0:34	20.50	52:28	2:33	11	11:09	268	11:09
Rad 000	20.00	39:43	1:59	7	7:55	185	9:18	20.50	52:28	2:33	11	11:09	268	11:09
Kontrolle Lauf	2.40	12:58	5:24	7	5:08	188	5:08	22.90	1:05:26	2:51	11	16:17	265	16:17
Lauf Ziel	2.60	14:37	5:37	7	6:23	217	6:23	25.50	1:20:03	3:08	6	22:40	174	22:40
Lauf 000	5.00	27:35	5:30	7	11:31	202	11:31	25.50	1:20:03	3:08	6	22:40	174	22:40