



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Glanzner, Stephan

000: 1:14:43

00: 49

00: 25.50 km

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

00000/000: 110 (of 353)

00000/0: 102 (of 269)

000000: 57:23

0000:

00000: 16(of 48)

Senioren 3 (TM 50)

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	9:12	18:23	9	0:42	35	2:13	0.50	9:12	18:23	9	0:42	269	2:13
Wechsel S -> R	-	2:51	-	25	1:10	148	1:35	0.50	12:03	24:06	49	1:31	268	3:48
Schwimmen 000	0.50	12:03	24:06	49	1:31	268	3:48	0.50	12:03	24:06	49	1:31	268	3:48
Kontrolle Rad	6.00	11:28	1:54	17	0:50	110	2:14	6.50	23:31	3:37	49	2:15	268	4:48
Kontrolle Rad	8.00	13:47	1:43	16	0:38	82	2:00	14.50	37:18	2:34	49	2:43	267	5:43
Rad Ziel	6.00	10:02	1:40	13	0:28	65	1:29	20.50	47:20	2:18	49	2:44	268	6:41
Rad 0	20.00	35:17	1:45	1	25:43	1	26:44	20.50	47:20	2:18	49	2:44	268	6:41
Wechsel R -> L	-	1:26	-	35	0:52	205	0:54	20.50	48:46	2:22	49	3:24	268	7:27
Rad 000	20.00	36:43	1:50	16	2:21	95	6:18	20.50	48:46	2:22	49	3:24	268	7:27
Kontrolle Lauf	2.40	12:29	5:12	30	3:35	164	4:39	22.90	1:01:15	2:40	48	4:57	265	12:06
Lauf Ziel	2.60	13:28	5:10	31	4:13	173	5:14	25.50	1:14:43	2:55	16	7:00	102	17:20
Lauf 000	5.00	25:57	5:11	31	7:48	168	9:53	25.50	1:14:43	2:55	16	7:00	102	17:20