



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Künstler, Jan-Erik

000: 1:22:01

00: Helaba BSG Triathlon

00: 201

00: 25.50 km

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

00000/000: 229 (of 353)

00000/0: 191 (of 269)

000000: 57:23

0000:

00000: 46(of 55)

Senioren 2 (TM 45)

0000000: 1:03:12

0000

0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	11:05	22:10	26	2:34	140	4:06	0.50	11:05	22:10	56	2:34	142	4:06
Wechsel S -> R	-	2:11	-	12	0:34	55	0:55	0.50	13:16	26:32	56	2:40	268	5:01
Schwimmen 000	0.50	13:16	26:32	56	2:40	268	5:01	0.50	13:16	26:32	56	2:40	268	5:01
Kontrolle Rad	6.00	11:31	1:55	29	1:32	118	2:17	6.50	24:47	3:48	22	3:42	268	6:04
Kontrolle Rad	8.00	13:56	1:44	23	1:29	95	2:09	14.50	38:43	2:40	56	5:10	267	7:08
Rad Ziel	6.00	10:30	1:45	31	1:15	129	1:57	20.50	49:13	2:24	25	6:23	268	8:34
Rad 0	20.00	35:57	1:47	1	26:42	1	27:24	20.50	49:13	2:24	25	6:23	268	8:34
Wechsel R -> L	-	1:06	-	33	0:34	132	0:34	20.50	50:19	2:27	25	6:48	268	9:00
Rad 000	20.00	37:03	1:51	29	4:32	116	6:38	20.50	50:19	2:27	25	6:48	268	9:00
Kontrolle Lauf	2.40	14:48	6:10	52	5:30	234	6:58	22.90	1:05:07	2:50	56	11:46	265	15:58
Lauf Ziel	2.60	16:54	6:29	54	7:08	251	8:40	25.50	1:22:01	3:12	46	18:49	191	24:38
Lauf 000	5.00	31:42	6:20	52	12:36	244	15:38	25.50	1:22:01	3:12	46	18:49	191	24:38