



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Hennemann, Lukas

000: 1:07:03

00: SSG Bensheim Triathlon

00: 217

00: 25.50 km

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

0000:

männliche AK 1 (TM 20)

00000/000: 24 (of 353)

00000/0: 24 (of 269)

000000: 57:23

00000: 3(of 10)

0000000: 57:23

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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	8:06	16:11	2	1:07	6	1:07	0.50	8:06	16:11	2	1:07	6	1:07	
Wechsel S -> R	-	1:30	-	3	0:14	5	0:14	0.50	9:36	19:11	3	1:21	3	1:21	
Schwimmen 000	0.50	9:36	19:11	3	1:21	3	1:21	0.50	9:36	19:11	3	1:21	3	1:21	
Kontrolle Rad	6.00	11:05	1:50	5	1:10	63	1:51	6.50	20:41	3:10	3	1:58	9	1:58	
Kontrolle Rad	8.00	13:52	1:44	4	1:39	89	2:05	14.50	34:33	2:22	3	2:54	267	2:58	
Rad Ziel	6.00	10:05	1:40	4	1:05	71	1:32	20.50	44:38	2:10	3	3:59	21	3:59	
Rad 0	20.00	35:02	1:45	1	26:02	1	26:29	20.50	44:38	2:10	3	3:59	21	3:59	
Wechsel R -> L	-	0:41	-	3	0:09	16	0:09	20.50	45:19	2:12	3	4:00	20	4:00	
Rad 000	20.00	35:43	1:47	4	3:55	63	5:18	20.50	45:19	2:12	3	4:00	20	4:00	
Kontrolle Lauf	2.40	10:15	4:16	3	2:25	35	2:25	22.90	55:34	2:25	3	6:25	17	6:25	
Lauf Ziel	2.60	11:29	4:24	4	3:15	67	3:15	25.50	1:07:03	2:37	3	9:40	24	9:40	
Lauf 000	5.00	21:44	4:20	4	5:40	53	5:40	25.50	1:07:03	2:37	3	9:40	24	9:40	