



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Dobirr, Christian

000: 1:07:21

00: LSV Ladenburg

00: 233

00: 25.50 km

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

00000/000: 25 (of 353)

00000/0: 25 (of 269)

000000: 57:23

0000:

00000: 3(of 34)

Senioren 4 (TM 55)

0000000: 1:00:22

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000	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	8:07	16:14	1	-	7	1:08	0.50	8:07	16:14	1	-	7	1:08
Wechsel S -> R	-	2:25	-	10	0:49	89	1:09	0.50	10:32	21:03	34	0:39	16	2:17
Schwimmen 000	0.50	10:32	21:03	34	0:39	16	2:17	0.50	10:32	21:03	34	0:39	16	2:17
Kontrolle Rad	6.00	10:47	1:47	4	0:35	35	1:33	6.50	21:19	3:16	34	1:08	19	2:36
Kontrolle Rad	8.00	13:11	1:38	3	0:52	27	1:24	14.50	34:30	2:22	34	1:42	267	2:55
Rad Ziel	6.00	9:43	1:37	3	0:42	34	1:10	20.50	44:13	2:09	34	2:24	18	3:34
Rad 0	20.00	33:41	1:41	1	24:40	1	25:08	20.50	44:13	2:09	34	2:24	18	3:34
Wechsel R -> L	-	0:52	-	7	0:14	70	0:20	20.50	45:05	2:11	34	2:34	17	3:46
Rad 000	20.00	34:33	1:43	4	2:19	30	4:08	20.50	45:05	2:11	34	2:34	17	3:46
Kontrolle Lauf	2.40	10:59	4:34	7	2:11	72	3:09	22.90	56:04	2:26	34	4:45	21	6:55
Lauf Ziel	2.60	11:17	4:20	6	2:14	59	3:03	25.50	1:07:21	2:38	3	6:59	25	9:58
Lauf 000	5.00	22:16	4:27	6	4:25	65	6:12	25.50	1:07:21	2:38	3	6:59	25	9:58