



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Rittlinger, Alexander

000: 1:07:55

00: LSV Ladenburg

00: 224

00: 25.50 km

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

00000/000: 32 (of 353)

00000/0: 32 (of 269)

000000: 57:23

0000:

00000: 6(of 55)

Senioren 2 (TM 45)

0000000: 1:03:12

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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	9:44	19:27	9	1:13	58	2:45	0.50	9:44	19:27	56	1:13	59	2:45	
Wechsel S -> R	-	2:05	-	6	0:28	42	0:49	0.50	11:49	23:37	56	1:13	49	3:34	
Schwimmen 000	0.50	11:49	23:37	56	1:13	49	3:34	0.50	11:49	23:37	56	1:13	49	3:34	
Kontrolle Rad	6.00	10:33	1:45	8	0:34	23	1:19	6.50	22:22	3:26	56	1:17	35	3:39	
Kontrolle Rad	8.00	13:06	1:38	10	0:39	23	1:19	14.50	35:28	2:26	5	1:55	267	3:53	
Rad Ziel	6.00	9:35	1:35	7	0:20	26	1:02	20.50	45:03	2:11	56	2:13	27	4:24	
Rad 0	20.00	33:14	1:39	1	23:59	1	24:41	20.50	45:03	2:11	56	2:13	27	4:24	
Wechsel R -> L	-	0:59	-	23	0:27	100	0:27	20.50	46:02	2:14	56	2:31	27	4:43	
Rad 000	20.00	34:13	1:42	9	1:42	24	3:48	20.50	46:02	2:14	56	2:31	27	4:43	
Kontrolle Lauf	2.40	10:48	4:30	14	1:30	61	2:58	22.90	56:50	2:28	6	3:29	28	7:41	
Lauf Ziel	2.60	11:05	4:15	12	1:19	48	2:51	25.50	1:07:55	2:39	6	4:43	32	10:32	
Lauf 000	5.00	21:53	4:22	13	2:47	57	5:49	25.50	1:07:55	2:39	6	4:43	32	10:32	