



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Waraus, Michael

000: 1:00:22

00: Arnstadt

00: 3

00: 25.50 km

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

0000:

Senioren 4 (TM 55)

00000/000: 3 (of 353)

00000/0: 3 (of 269)

000000: 57:23

00000: 1(of 34)

0000000: 1:00:22

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	8:40	17:19	3	0:33	20	1:41	0.50	8:40	17:19	34	0:33	269	1:41
Wechsel S -> R	-	1:37	-	2	0:01	9	0:21	0.50	10:17	20:33	34	0:24	268	2:02
Schwimmen 000	0.50	10:17	20:33	34	0:24	268	2:02	0.50	10:17	20:33	34	0:24	268	2:02
Kontrolle Rad	6.00	10:12	1:42	1	-	10	0:58	6.50	20:29	3:09	34	0:18	268	1:46
Kontrolle Rad	8.00	12:19	1:32	1	-	4	0:32	14.50	32:48	2:15	1	-	267	1:13
Rad Ziel	6.00	9:01	1:30	1	-	4	0:28	20.50	41:49	2:02	1	-	268	1:10
Rad 0	20.00	31:32	1:34	1	22:31	1	22:59	20.50	41:49	2:02	1	-	268	1:10
Wechsel R -> L	-	0:42	-	2	0:04	22	0:10	20.50	42:31	2:04	1	-	268	1:12
Rad 000	20.00	32:14	1:36	1	-	6	1:49	20.50	42:31	2:04	1	-	268	1:12
Kontrolle Lauf	2.40	8:48	3:40	1	-	3	0:58	22.90	51:19	2:14	1	-	265	2:10
Lauf Ziel	2.60	9:03	3:28	1	-	5	0:49	25.50	1:00:22	2:22	1	-	3	2:59
Lauf 000	5.00	17:51	3:34	1	-	5	1:47	25.50	1:00:22	2:22	1	-	3	2:59