



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Pommeranz, Jörg

000: 1:10:32

00: TSV Goddelau

00: 241

00: 25.50 km

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

00000/000: 66 (of 353)

00000/0: 62 (of 269)

000000: 57:23

0000:

00000: 6(of 34)

Senioren 4 (TM 55)

0000000: 1:00:22

0000

0000

000

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	10:55	21:49	18	2:48	129	3:56	0.50	10:55	21:49	18	2:48	129	3:56	
Wechsel S -> R	-	2:33	-	13	0:57	110	1:17	0.50	13:28	26:56	34	3:35	121	5:13	
Schwimmen 000	0.50	13:28	26:56	34	3:35	121	5:13	0.50	13:28	26:56	34	3:35	121	5:13	
Kontrolle Rad	6.00	11:08	1:51	7	0:56	68	1:54	6.50	24:36	3:47	34	4:25	103	5:53	
Kontrolle Rad	8.00	13:21	1:40	5	1:02	41	1:34	14.50	37:57	2:37	34	5:09	86	6:22	
Rad Ziel	6.00	9:51	1:38	5	0:50	45	1:18	20.50	47:48	2:19	34	5:59	79	7:09	
Rad 0	20.00	34:20	1:43	1	25:19	1	25:47	20.50	47:48	2:19	34	5:59	79	7:09	
Wechsel R -> L	-	1:06	-	15	0:28	132	0:34	20.50	48:54	2:23	34	6:23	79	7:35	
Rad 000	20.00	35:26	1:46	7	3:12	55	5:01	20.50	48:54	2:23	34	6:23	79	7:35	
Kontrolle Lauf	2.40	10:33	4:23	4	1:45	46	2:43	22.90	59:27	2:35	34	8:08	66	10:18	
Lauf Ziel	2.60	11:05	4:15	5	2:02	48	2:51	25.50	1:10:32	2:45	6	10:10	62	13:09	
Lauf 000	5.00	21:38	4:19	5	3:47	52	5:34	25.50	1:10:32	2:45	6	10:10	62	13:09	