



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Zarza, Rafael

000: 1:10:52

00: TuS Griesheim

00: 267

00: 25.50 km

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

00000/000: 70 (of 353)

00000/0: 67 (of 269)

000000: 57:23

0000:

00000: 7(of 34)

Senioren 4 (TM 55)

0000000: 1:00:22

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:14	20:27	11	2:07	86	3:15	0.50	10:14	20:27	11	2:07	88	3:15
Wechsel S -> R	-	2:00	-	3	0:24	34	0:44	0.50	12:14	24:27	34	2:21	64	3:59
Schwimmen 000	0.50	12:14	24:27	34	2:21	64	3:59	0.50	12:14	24:27	34	2:21	64	3:59
Kontrolle Rad	6.00	11:41	1:56	20	1:29	138	2:27	6.50	23:55	3:40	34	3:44	82	5:12
Kontrolle Rad	8.00	14:02	1:45	14	1:43	108	2:15	14.50	37:57	2:37	34	5:09	86	6:22
Rad Ziel	6.00	10:33	1:45	15	1:32	136	2:00	20.50	48:30	2:21	34	6:41	93	7:51
Rad 0	20.00	36:16	1:48	1	27:15	1	27:43	20.50	48:30	2:21	34	6:41	93	7:51
Wechsel R -> L	-	0:57	-	10	0:19	87	0:25	20.50	49:27	2:24	34	6:56	90	8:08
Rad 000	20.00	37:13	1:51	17	4:59	120	6:48	20.50	49:27	2:24	34	6:56	90	8:08
Kontrolle Lauf	2.40	10:25	4:20	3	1:37	42	2:35	22.90	59:52	2:36	34	8:33	71	10:43
Lauf Ziel	2.60	11:00	4:13	4	1:57	42	2:46	25.50	1:10:52	2:46	7	10:30	67	13:29
Lauf 000	5.00	21:25	4:16	4	3:34	44	5:21	25.50	1:10:52	2:46	7	10:30	67	13:29