



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Joswig, Steffen

000: 1:31:01

00: 211

00: 25.50 km

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

0000:

Senioren 1 (TM 40)

00000/000: 311 (of 353)

00000/0: 242 (of 269)

000000: 57:23

00000: 22(of 25)

0000000: 1:03:07

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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	16:16	32:31	25	8:23	263	9:17	0.50	16:16	32:31	26	8:23	269	9:17	
Wechsel S -> R	-	4:42	-	24	3:16	256	3:26	0.50	20:58	41:55	26	11:20	268	12:43	
Schwimmen 000	0.50	20:58	41:55	26	11:20	268	12:43	0.50	20:58	41:55	26	11:20	268	12:43	
Kontrolle Rad	6.00	12:08	2:01	17	1:44	176	2:54	6.50	33:06	5:05	26	13:04	268	14:23	
Kontrolle Rad	8.00	14:47	1:50	16	1:52	169	3:00	14.50	47:53	3:18	26	14:56	267	16:18	
Rad Ziel	6.00	11:42	1:57	22	2:12	220	3:09	20.50	59:35	2:54	26	17:08	268	18:56	
Rad 0	20.00	38:37	1:55	1	29:07	1	30:04	20.50	59:35	2:54	26	17:08	268	18:56	
Wechsel R -> L	-	1:47	-	23	1:10	246	1:15	20.50	1:01:22	2:59	26	17:45	268	20:03	
Rad 000	20.00	40:24	2:01	22	6:25	202	9:59	20.50	1:01:22	2:59	26	17:45	268	20:03	
Kontrolle Lauf	2.40	14:12	5:55	21	5:21	223	6:22	22.90	1:15:34	3:17	25	22:30	265	26:25	
Lauf Ziel	2.60	15:27	5:56	22	5:59	229	7:13	25.50	1:31:01	3:34	22	27:54	242	33:38	
Lauf 000	5.00	29:39	5:55	20	11:20	229	13:35	25.50	1:31:01	3:34	22	27:54	242	33:38	