



16. Lorsch Triathlon

Lorsch / 11.08.2019

Michenfelder, Jonas

1:32:33

180

25.50 km

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

männliche AK 1 (TM 20)

317 (of 353)

246 (of 269)

57:23

10(of 10)

57:23

km

min/km

km

	km	min/km	-	-			km	min/km	-	-				
Schwimmen nett	0.50	13:21	26:41	10	6:22	227	6:22	0.50	13:21	26:41	11	6:22	269	6:22
Wechsel S -> R	-	4:56	-	10	3:40	259	3:40	0.50	18:17	36:34	11	10:02	268	10:02
Schwimmen	0.50	18:17	36:34	11	10:02	268	10:02	0.50	18:17	36:34	11	10:02	268	10:02
Kontrolle Rad	6.00	14:16	2:22	10	4:21	256	5:02	6.50	32:33	5:00	11	13:50	268	13:50
Kontrolle Rad	8.00	17:28	2:10	10	5:15	256	5:41	14.50	50:01	3:26	11	18:22	267	18:26
Rad Ziel	6.00	12:10	2:01	10	3:10	236	3:37	20.50	1:02:11	3:01	11	21:32	268	21:32
Rad	20.00	43:54	2:11	1	34:54	1	35:21	20.50	1:02:11	3:01	11	21:32	268	21:32
Wechsel R -> L	-	1:24	-	9	0:52	201	0:52	20.50	1:03:35	3:06	11	22:16	268	22:16
Rad	20.00	45:18	2:15	10	13:30	256	14:53	20.50	1:03:35	3:06	11	22:16	268	22:16
Kontrolle Lauf	2.40	13:52	5:46	9	6:02	213	6:02	22.90	1:17:27	3:22	11	28:18	265	28:18
Lauf Ziel	2.60	15:06	5:48	10	6:52	225	6:52	25.50	1:32:33	3:37	10	35:10	246	35:10
Lauf	5.00	28:58	5:47	9	12:54	222	12:54	25.50	1:32:33	3:37	10	35:10	246	35:10