



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Rapp, Hans-Peter

000: 1:13:31

00: 219

00: 25.50 km

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

0000:

Senioren 3 (TM 50)

00000/000: 97 (of 353)

00000/0: 92 (of 269)

000000: 57:23

00000: 15(of 48)

0000000: 1:07:43

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	9:42	19:23	12	1:12	56	2:43	0.50	9:42	19:23	49	1:12	56	2:43	
Wechsel S -> R	-	2:17	-	10	0:36	69	1:01	0.50	11:59	23:57	49	1:27	53	3:44	
Schwimmen 000	0.50	11:59	23:57	49	1:27	53	3:44	0.50	11:59	23:57	49	1:27	53	3:44	
Kontrolle Rad	6.00	11:58	1:59	29	1:20	160	2:44	6.50	23:57	3:41	49	2:41	83	5:14	
Kontrolle Rad	8.00	14:40	1:49	28	1:31	154	2:53	14.50	38:37	2:39	49	4:02	267	7:02	
Rad Ziel	6.00	10:52	1:48	31	1:18	167	2:19	20.50	49:29	2:24	49	4:53	115	8:50	
Rad 0	20.00	37:30	1:52	1	27:56	1	28:57	20.50	49:29	2:24	49	4:53	115	8:50	
Wechsel R -> L	-	0:58	-	16	0:24	94	0:26	20.50	50:27	2:27	49	5:05	111	9:08	
Rad 000	20.00	38:28	1:55	27	4:06	152	8:03	20.50	50:27	2:27	49	5:05	111	9:08	
Kontrolle Lauf	2.40	11:08	4:38	11	2:14	85	3:18	22.90	1:01:35	2:41	48	5:17	96	12:26	
Lauf Ziel	2.60	11:56	4:35	13	2:41	96	3:42	25.50	1:13:31	2:52	15	5:48	92	16:08	
Lauf 000	5.00	23:04	4:36	13	4:55	88	7:00	25.50	1:13:31	2:52	15	5:48	92	16:08	