



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Rausch, Uli

000: 1:15:38

00: LG Metzgerei Jochim

00: 265

00: 25.50 km

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

00000/000: 129 (of 353)

00000/0: 116 (of 269)

000000: 57:23

0000:

00000: 15(of 34)

Senioren 4 (TM 55)

0000000: 1:00:22

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0000

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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	10:27	20:53	12	2:20	100	3:28	0.50	10:27	20:53	12	2:20	100	3:28
Wechsel S -> R	-	3:13	-	22	1:37	198	1:57	0.50	13:40	27:19	34	3:47	130	5:25
Schwimmen 000	0.50	13:40	27:19	34	3:47	130	5:25	0.50	13:40	27:19	34	3:47	130	5:25
Kontrolle Rad	6.00	11:36	1:56	19	1:24	126	2:22	6.50	25:16	3:53	34	5:05	129	6:33
Kontrolle Rad	8.00	14:06	1:45	16	1:47	115	2:19	14.50	39:22	2:42	34	6:34	267	7:47
Rad Ziel	6.00	10:10	1:41	13	1:09	88	1:37	20.50	49:32	2:24	34	7:43	116	8:53
Rad 0	20.00	35:52	1:47	1	26:51	1	27:19	20.50	49:32	2:24	34	7:43	116	8:53
Wechsel R -> L	-	1:19	-	21	0:41	185	0:47	20.50	50:51	2:28	34	8:20	122	9:32
Rad 000	20.00	37:11	1:51	16	4:57	118	6:46	20.50	50:51	2:28	34	8:20	122	9:32
Kontrolle Lauf	2.40	12:02	5:00	17	3:14	134	4:12	22.90	1:02:53	2:44	34	11:34	111	13:44
Lauf Ziel	2.60	12:45	4:54	16	3:42	141	4:31	25.50	1:15:38	2:57	15	15:16	116	18:15
Lauf 000	5.00	24:47	4:57	17	6:56	137	8:43	25.50	1:15:38	2:57	15	15:16	116	18:15