



16. Lorscher Triathlon

Lorsch / 11.08.2019

Reimund, Sven

VFR Fehlheim

198

25.50 km

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

Senioren 2 (TM 45)

1:35:46

323 (of 353)

251 (of 269)

57:23

54(of 55)

1:03:12

km

min/km

km

	km	min/km	-	-			km	min/km	-	-				
Schwimmen nett	0.50	13:10	26:19	49	4:39	222	6:11	0.50	13:10	26:19	56	4:39	269	6:11
Wechsel S -> R	-	4:05	-	55	2:28	243	2:49	0.50	17:15	34:30	56	6:39	268	9:00
Schwimmen	0.50	17:15	34:30	56	6:39	268	9:00	0.50	17:15	34:30	56	6:39	268	9:00
Kontrolle Rad	6.00	14:45	2:27	55	4:46	264	5:31	6.50	32:00	4:55	54	10:55	268	13:17
Kontrolle Rad	8.00	19:52	2:29	55	7:25	265	8:05	14.50	51:52	3:34	56	18:19	267	20:17
Rad Ziel	6.00	14:45	2:27	55	5:30	265	6:12	20.50	1:06:37	3:14	55	23:47	268	25:58
Rad	20.00	49:22	2:28	1	40:07	1	40:49	20.50	1:06:37	3:14	55	23:47	268	25:58
Wechsel R -> L	-	0:45	-	9	0:13	35	0:13	20.50	1:07:22	3:17	55	23:51	268	26:03
Rad	20.00	50:07	2:30	55	17:36	265	19:42	20.50	1:07:22	3:17	55	23:51	268	26:03
Kontrolle Lauf	2.40	14:05	5:52	48	4:47	220	6:15	22.90	1:21:27	3:33	56	28:06	265	32:18
Lauf Ziel	2.60	14:19	5:30	48	4:33	207	6:05	25.50	1:35:46	3:45	54	32:34	251	38:23
Lauf	5.00	28:24	5:40	49	9:18	214	12:20	25.50	1:35:46	3:45	54	32:34	251	38:23