



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Popescu, Iulius Adrian

000: 1:15:54

00: 245

00: 25.50 km

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

00000/000: 134 (of 353)

00000/0: 121 (of 269)

000000: 57:23

0000:

00000: 13(of 25)

Senioren 1 (TM 40)

0000000: 1:03:07

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	10:06	20:11	4	2:13	79	3:07	0.50	10:06	20:11	26	2:13	80	3:07	
Wechsel S -> R	-	3:35	-	20	2:09	226	2:19	0.50	13:41	27:22	26	4:03	132	5:26	
Schwimmen 000	0.50	13:41	27:22	26	4:03	132	5:26	0.50	13:41	27:22	26	4:03	132	5:26	
Kontrolle Rad	6.00	12:17	2:02	21	1:53	187	3:03	6.50	25:58	3:59	26	5:56	150	7:15	
Kontrolle Rad	8.00	15:14	1:54	22	2:19	190	3:27	14.50	41:12	2:50	26	8:15	267	9:37	
Rad Ziel	6.00	11:21	1:53	20	1:51	200	2:48	20.50	52:33	2:33	26	10:06	174	11:54	
Rad 0	20.00	38:52	1:56	1	29:22	1	30:19	20.50	52:33	2:33	26	10:06	174	11:54	
Wechsel R -> L	-	0:57	-	7	0:20	87	0:25	20.50	53:30	2:36	26	9:53	166	12:11	
Rad 000	20.00	39:49	1:59	17	5:50	187	9:24	20.50	53:30	2:36	26	9:53	166	12:11	
Kontrolle Lauf	2.40	10:53	4:32	7	2:02	65	3:03	22.90	1:04:23	2:48	25	11:19	138	15:14	
Lauf Ziel	2.60	11:31	4:25	7	2:03	70	3:17	25.50	1:15:54	2:58	13	12:47	121	18:31	
Lauf 000	5.00	22:24	4:28	7	4:05	69	6:20	25.50	1:15:54	2:58	13	12:47	121	18:31	