



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Bindemann, Elmar

000: 1:15:58

00: 257

00: 25.50 km

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

0000:

Senioren 3 (TM 50)

00000/000: 137 (of 353)

00000/0: 124 (of 269)

000000: 57:23

00000: 19(of 48)

0000000: 1:07:43

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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	12:30	25:00	33	4:00	203	5:31	0.50	12:30	25:00	49	4:00	203	5:31	
Wechsel S -> R	-	2:14	-	8	0:33	62	0:58	0.50	14:44	29:27	49	4:12	172	6:29	
Schwimmen 000	0.50	14:44	29:27	49	4:12	172	6:29	0.50	14:44	29:27	49	4:12	172	6:29	
Kontrolle Rad	6.00	12:19	2:03	40	1:41	192	3:05	6.50	27:03	4:09	49	5:47	183	8:20	
Kontrolle Rad	8.00	15:43	1:57	41	2:34	214	3:56	14.50	42:46	2:56	49	8:11	267	11:11	
Rad Ziel	6.00	11:18	1:53	40	1:44	198	2:45	20.50	54:04	2:38	49	9:28	198	13:25	
Rad 0	20.00	39:20	1:58	1	29:46	1	30:47	20.50	54:04	2:38	49	9:28	198	13:25	
Wechsel R -> L	-	0:34	-	1	-	4	0:02	20.50	54:38	2:39	49	9:16	185	13:19	
Rad 000	20.00	39:54	1:59	39	5:32	190	9:29	20.50	54:38	2:39	49	9:16	185	13:19	
Kontrolle Lauf	2.40	10:23	4:19	4	1:29	40	2:33	22.90	1:05:01	2:50	48	8:43	147	15:52	
Lauf Ziel	2.60	10:57	4:12	4	1:42	39	2:43	25.50	1:15:58	2:58	19	8:15	124	18:35	
Lauf 000	5.00	21:20	4:15	4	3:11	43	5:16	25.50	1:15:58	2:58	19	8:15	124	18:35	