



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Bublitz, Joachim

000: 1:36:33

00: DJK Feudenheim

00: 205

00: 25.50 km

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

00000/000: 324 (of 353)

00000/0: 252 (of 269)

000000: 57:23

0000:

00000: 11(of 13)

Senioren 5 (TM 60)

0000000: 1:07:28

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	17:03	34:06	13	7:48	267	10:04	0.50	17:03	34:06	14	7:48	269	10:04	
Wechsel S -> R	-	3:23	-	9	1:46	214	2:07	0.50	20:26	40:52	14	9:31	268	12:11	
Schwimmen 000	0.50	20:26	40:52	14	9:31	268	12:11	0.50	20:26	40:52	14	9:31	268	12:11	
Kontrolle Rad	6.00	14:25	2:24	11	3:30	258	5:11	6.50	34:51	5:21	14	12:37	268	16:08	
Kontrolle Rad	8.00	17:10	2:08	11	3:52	251	5:23	14.50	52:01	3:35	14	16:13	267	20:26	
Rad Ziel	6.00	12:27	2:04	10	2:55	248	3:54	20.50	1:04:28	3:08	14	19:03	268	23:49	
Rad 0	20.00	44:02	2:12	1	34:30	1	35:29	20.50	1:04:28	3:08	14	19:03	268	23:49	
Wechsel R -> L	-	2:30	-	13	1:43	264	1:58	20.50	1:06:58	3:15	14	20:46	268	25:39	
Rad 000	20.00	46:32	2:19	11	12:00	260	16:07	20.50	1:06:58	3:15	14	20:46	268	25:39	
Kontrolle Lauf	2.40	13:56	5:48	9	3:14	216	6:06	22.90	1:20:54	3:31	14	24:00	265	31:45	
Lauf Ziel	2.60	15:39	6:01	10	5:05	231	7:25	25.50	1:36:33	3:47	11	29:05	252	39:10	
Lauf 000	5.00	29:35	5:54	10	8:19	228	13:31	25.50	1:36:33	3:47	11	29:05	252	39:10	