



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Finger, Gerhard

00: Biker Club Speyer

00: 172

00: 25.50 km

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

0000:

Senioren 7 (TM 70)

000: 1:37:34

00000/000: 328 (of 353)

00000/0: 254 (of 269)

000000: 57:23

00000: 3(of 5)

0000000: 1:18:25

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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	15:53	31:45	3	3:03	261	8:54	0.50	15:53	31:45	6	3:03	269	8:54	
Wechsel S -> R	-	3:56	-	3	1:17	239	2:40	0.50	19:49	39:37	6	3:52	268	11:34	
Schwimmen 000	0.50	19:49	39:37	6	3:52	268	11:34	0.50	19:49	39:37	6	3:52	268	11:34	
Kontrolle Rad	6.00	12:44	2:07	3	1:36	211	3:30	6.50	32:33	5:00	3	5:13	268	13:50	
Kontrolle Rad	8.00	15:29	1:56	3	1:25	200	3:42	14.50	48:02	3:18	6	6:33	267	16:27	
Rad Ziel	6.00	11:46	1:57	3	1:22	223	3:13	20.50	59:48	2:55	6	7:53	268	19:09	
Rad 0	20.00	39:59	1:59	1	29:35	1	31:26	20.50	59:48	2:55	6	7:53	268	19:09	
Wechsel R -> L	-	2:01	-	5	1:11	258	1:29	20.50	1:01:49	3:00	6	9:04	268	20:30	
Rad 000	20.00	42:00	2:06	3	5:12	225	11:35	20.50	1:01:49	3:00	6	9:04	268	20:30	
Kontrolle Lauf	2.40	17:04	7:06	4	4:46	257	9:14	22.90	1:18:53	3:26	3	13:04	265	29:44	
Lauf Ziel	2.60	18:41	7:11	4	6:05	259	10:27	25.50	1:37:34	3:49	3	19:09	254	40:11	
Lauf 000	5.00	35:45	7:09	4	10:51	257	19:41	25.50	1:37:34	3:49	3	19:09	254	40:11	