



16. Lorsche Triathlon

Lorsch / 11.08.2019

0000

Höhn, Marco

000: 1:39:49

00: 189

00: 25.50 km

Lorsche Triathlon 0,5-20,0-5,0

00000/000: 338 (of 353)

00000/0: 260 (of 269)

000000: 57:23

0000:

00000: 24(of 25)

Senioren 1 (TM 40)

0000000: 1:03:07

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	15:13	30:26	24	7:20	254	8:14	0.50	15:13	30:26	26	7:20	269	8:14
Wechsel S -> R	-	4:58	-	25	3:32	261	3:42	0.50	20:11	40:22	26	10:33	268	11:56
Schwimmen 000	0.50	20:11	40:22	26	10:33	268	11:56	0.50	20:11	40:22	26	10:33	268	11:56
Kontrolle Rad	6.00	12:00	2:00	15	1:36	165	2:46	6.50	32:11	4:57	26	12:09	268	13:28
Kontrolle Rad	8.00	15:10	1:53	20	2:15	188	3:23	14.50	47:21	3:15	26	14:24	267	15:46
Rad Ziel	6.00	11:30	1:55	21	2:00	211	2:57	20.50	58:51	2:52	26	16:24	268	18:12
Rad 0	20.00	38:40	1:55	1	29:10	1	30:07	20.50	58:51	2:52	26	16:24	268	18:12
Wechsel R -> L	-	1:36	-	21	0:59	230	1:04	20.50	1:00:27	2:56	26	16:50	268	19:08
Rad 000	20.00	40:16	2:00	20	6:17	195	9:51	20.50	1:00:27	2:56	26	16:50	268	19:08
Kontrolle Lauf	2.40	18:56	7:53	24	10:05	262	11:06	22.90	1:19:23	3:27	25	26:19	265	30:14
Lauf Ziel	2.60	20:26	7:51	24	10:58	264	12:12	25.50	1:39:49	3:54	24	36:42	260	42:26
Lauf 000	5.00	39:22	7:52	24	21:03	264	23:18	25.50	1:39:49	3:54	24	36:42	260	42:26