



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Roth, Sebastian

000: 1:20:08

00: TSV Weiher

00: 252

00: 25.50 km

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

0000:

männliche AK 4 (TM 35)

00000/000: 207 (of 353)

00000/0: 177 (of 269)

000000: 57:23

00000: 21(of 27)

0000000: 59:10

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	9:34	19:07	6	1:53	53	2:35	0.50	9:34	19:07	28	1:53	53	2:35	
Wechsel S -> R	-	3:07	-	21	1:37	186	1:51	0.50	12:41	25:22	28	2:46	84	4:26	
Schwimmen 000	0.50	12:41	25:22	28	2:46	84	4:26	0.50	12:41	25:22	28	2:46	84	4:26	
Kontrolle Rad	6.00	12:43	2:07	20	3:29	210	3:29	6.50	25:24	3:54	28	6:10	132	6:41	
Kontrolle Rad	8.00	15:33	1:56	21	3:12	206	3:46	14.50	40:57	2:49	28	9:22	267	9:22	
Rad Ziel	6.00	11:22	1:53	22	2:07	201	2:49	20.50	52:19	2:33	28	11:29	166	11:40	
Rad 0	20.00	39:38	1:58	1	30:23	1	31:05	20.50	52:19	2:33	28	11:29	166	11:40	
Wechsel R -> L	-	1:31	-	25	0:49	218	0:59	20.50	53:50	2:37	28	11:50	176	12:31	
Rad 000	20.00	41:09	2:03	22	9:09	212	10:44	20.50	53:50	2:37	28	11:50	176	12:31	
Kontrolle Lauf	2.40	12:44	5:18	22	3:33	179	4:54	22.90	1:06:34	2:54	27	9:58	172	17:25	
Lauf Ziel	2.60	13:34	5:13	20	4:05	180	5:20	25.50	1:20:08	3:08	21	20:58	177	22:45	
Lauf 000	5.00	26:18	5:15	21	9:08	183	10:14	25.50	1:20:08	3:08	21	20:58	177	22:45	