



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Schmitz, Martin

000: 1:20:17

00: 242

00: 25.50 km

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

00000/000: 211 (of 353)

00000/0: 181 (of 269)

000000: 57:23

0000:

00000: 34(of 48)

Senioren 3 (TM 50)

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	13:35	27:10	40	5:05	233	6:36	0.50	13:35	27:10	49	5:05	233	6:36	
Wechsel S -> R	-	3:27	-	42	1:46	217	2:11	0.50	17:02	34:04	49	6:30	226	8:47	
Schwimmen 000	0.50	17:02	34:04	49	6:30	226	8:47	0.50	17:02	34:04	49	6:30	226	8:47	
Kontrolle Rad	6.00	12:14	2:02	36	1:36	183	3:00	6.50	29:16	4:30	49	8:00	221	10:33	
Kontrolle Rad	8.00	14:38	1:49	27	1:29	151	2:51	14.50	43:54	3:01	49	9:19	267	12:19	
Rad Ziel	6.00	10:57	1:49	32	1:23	171	2:24	20.50	54:51	2:40	49	10:15	204	14:12	
Rad 0	20.00	37:49	1:53	1	28:15	1	29:16	20.50	54:51	2:40	49	10:15	204	14:12	
Wechsel R -> L	-	0:46	-	8	0:12	37	0:14	20.50	55:37	2:42	49	10:15	199	14:18	
Rad 000	20.00	38:35	1:55	29	4:13	159	8:10	20.50	55:37	2:42	49	10:15	199	14:18	
Kontrolle Lauf	2.40	12:02	5:00	24	3:08	134	4:12	22.90	1:07:39	2:57	48	11:21	188	18:30	
Lauf Ziel	2.60	12:38	4:51	25	3:23	135	4:24	25.50	1:20:17	3:08	34	12:34	181	22:54	
Lauf 000	5.00	24:40	4:56	25	6:31	135	8:36	25.50	1:20:17	3:08	34	12:34	181	22:54	