



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Pfeifer, Philipp

000: 1:22:44

00: 222

00: 25.50 km

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

0000:

männliche AK 1 (TM 20)

00000/000: 233 (of 353)

00000/0: 195 (of 269)

000000: 57:23

00000: 8(of 10)

0000000: 57:23

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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	11:55	23:49	9	4:56	180	4:56	0.50	11:55	23:49	9	4:56	180	4:56	
Wechsel S -> R	-	3:15	-	8	1:59	200	1:59	0.50	15:10	30:19	9	6:55	188	6:55	
Schwimmen 000	0.50	15:10	30:19	9	6:55	188	6:55	0.50	15:10	30:19	9	6:55	188	6:55	
Kontrolle Rad	6.00	13:04	2:10	9	3:09	226	3:50	6.50	28:14	4:20	9	9:31	206	9:31	
Kontrolle Rad	8.00	16:45	2:05	9	4:32	236	4:58	14.50	44:59	3:06	9	13:20	267	13:24	
Rad Ziel	6.00	12:05	2:00	9	3:05	233	3:32	20.50	57:04	2:47	9	16:25	223	16:25	
Rad 0	20.00	41:54	2:05	1	32:54	1	33:21	20.50	57:04	2:47	9	16:25	223	16:25	
Wechsel R -> L	-	0:54	-	5	0:22	75	0:22	20.50	57:58	2:49	9	16:39	219	16:39	
Rad 000	20.00	42:48	2:08	9	11:00	232	12:23	20.50	57:58	2:49	9	16:39	219	16:39	
Kontrolle Lauf	2.40	11:54	4:57	6	4:04	127	4:04	22.90	1:09:52	3:03	9	20:43	208	20:43	
Lauf Ziel	2.60	12:52	4:56	6	4:38	145	4:38	25.50	1:22:44	3:14	8	25:21	195	25:21	
Lauf 000	5.00	24:46	4:57	6	8:42	136	8:42	25.50	1:22:44	3:14	8	25:21	195	25:21	