



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Schreiner, Lasse

000: 1:07:35

00: MHC Mannheim

00: 282

00: 25.50 km

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

0000:

männliche Jugend A (TM 16/17)

00000/000: 28 (of 353)

00000/0: 28 (of 269)

000000: 57:23

00000: 3(of 5)

0000000: 1:05:25

0000

0000

000

	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	8:26	16:52	2	0:57	10	1:27	0.50	8:26	16:52	6	0:57	269	1:27
Wechsel S -> R	-	1:52	-	2	0:24	24	0:36	0.50	10:18	20:36	6	0:24	268	2:03
Schwimmen 000	0.50	10:18	20:36	6	0:24	268	2:03	0.50	10:18	20:36	6	0:24	268	2:03
Kontrolle Rad	6.00	11:17	1:52	4	0:27	82	2:03	6.50	21:35	3:19	6	0:51	268	2:52
Kontrolle Rad	8.00	13:59	1:44	2	0:44	101	2:12	14.50	35:34	2:27	6	1:35	267	3:59
Rad Ziel	6.00	10:36	1:46	3	0:54	145	2:03	20.50	46:10	2:15	6	2:29	268	5:31
Rad 0	20.00	35:52	1:47	1	26:10	1	27:19	20.50	46:10	2:15	6	2:29	268	5:31
Wechsel R -> L	-	0:47	-	2	0:03	44	0:15	20.50	46:57	2:17	6	1:50	268	5:38
Rad 000	20.00	36:39	1:49	4	1:26	94	6:14	20.50	46:57	2:17	6	1:50	268	5:38
Kontrolle Lauf	2.40	10:06	4:12	4	1:01	30	2:16	22.90	57:03	2:29	6	2:05	265	7:54
Lauf Ziel	2.60	10:32	4:03	3	0:52	27	2:18	25.50	1:07:35	2:39	3	2:10	28	10:12
Lauf 000	5.00	20:38	4:07	3	1:53	30	4:34	25.50	1:07:35	2:39	3	2:10	28	10:12