



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Medert, Michael

000: 1:27:49

00: 264

00: 25.50 km

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

00000/000: 283 (of 353)

00000/0: 225 (of 269)

000000: 57:23

0000:

00000: 26(of 34)

Senioren 4 (TM 55)

0000000: 1:00:22

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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	15:29	30:57	32	7:22	256	8:30	0.50	15:29	30:57	32	7:22	256	8:30	
Wechsel S -> R	-	3:33	-	26	1:57	223	2:17	0.50	19:02	38:04	34	9:09	251	10:47	
Schwimmen 000	0.50	19:02	38:04	34	9:09	251	10:47	0.50	19:02	38:04	34	9:09	251	10:47	
Kontrolle Rad	6.00	12:48	2:07	27	2:36	217	3:34	6.50	31:50	4:53	34	11:39	243	13:07	
Kontrolle Rad	8.00	15:31	1:56	25	3:12	205	3:44	14.50	47:21	3:15	34	14:33	267	15:46	
Rad Ziel	6.00	11:06	1:50	21	2:05	178	2:33	20.50	58:27	2:51	34	16:38	230	17:48	
Rad 0	20.00	39:25	1:58	1	30:24	1	30:52	20.50	58:27	2:51	34	16:38	230	17:48	
Wechsel R -> L	-	1:59	-	30	1:21	256	1:27	20.50	1:00:26	2:56	34	17:55	233	19:07	
Rad 000	20.00	41:24	2:04	24	9:10	214	10:59	20.50	1:00:26	2:56	34	17:55	233	19:07	
Kontrolle Lauf	2.40	13:27	5:36	23	4:39	203	5:37	22.90	1:13:53	3:13	34	22:34	230	24:44	
Lauf Ziel	2.60	13:56	5:21	23	4:53	193	5:42	25.50	1:27:49	3:26	26	27:27	225	30:26	
Lauf 000	5.00	27:23	5:28	23	9:32	200	11:19	25.50	1:27:49	3:26	26	27:27	225	30:26	