



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Rohde, Ralf

000: 1:28:05

00: Kath. Kirchenmusikverein Lampertheim

00: 230

00: 25.50 km

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

00000/000: 285 (of 353)

00000/0: 227 (of 269)

000000: 57:23

0000:

00000: 27(of 34)

Senioren 4 (TM 55)

0000000: 1:00:22

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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	10:45	21:30	15	2:38	118	3:46	0.50	10:45	21:30	15	2:38	119	3:46
Wechsel S -> R	-	3:04	-	21	1:28	177	1:48	0.50	13:49	27:37	34	3:56	136	5:34
Schwimmen 000	0.50	13:49	27:37	34	3:56	136	5:34	0.50	13:49	27:37	34	3:56	136	5:34
Kontrolle Rad	6.00	12:44	2:07	25	2:32	211	3:30	6.50	26:33	4:05	34	6:22	163	7:50
Kontrolle Rad	8.00	15:39	1:57	26	3:20	212	3:52	14.50	42:12	2:54	34	9:24	267	10:37
Rad Ziel	6.00	11:29	1:54	25	2:28	210	2:56	20.50	53:41	2:37	34	11:52	190	13:02
Rad 0	20.00	39:52	1:59	1	30:51	1	31:19	20.50	53:41	2:37	34	11:52	190	13:02
Wechsel R -> L	-	2:06	-	32	1:28	261	1:34	20.50	55:47	2:43	34	13:16	201	14:28
Rad 000	20.00	41:58	2:05	27	9:44	224	11:33	20.50	55:47	2:43	34	13:16	201	14:28
Kontrolle Lauf	2.40	16:16	6:46	31	7:28	251	8:26	22.90	1:12:03	3:08	34	20:44	218	22:54
Lauf Ziel	2.60	16:02	6:10	30	6:59	235	7:48	25.50	1:28:05	3:27	27	27:43	227	30:42
Lauf 000	5.00	32:18	6:27	30	14:27	248	16:14	25.50	1:28:05	3:27	27	27:43	227	30:42