



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Walter, Dieter

000: 1:28:40

00: 256

00: 25.50 km

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

00000/000: 288 (of 353)

00000/0: 228 (of 269)

000000: 57:23

0000:

00000: 1(of 2)

Senioren 8 (TM 75)

0000000: 1:28:40

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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	12:37	25:14	2	0:25	206	5:38	0.50	12:37	25:14	3	0:25	206	5:38	
Wechsel S -> R	-	2:36	-	1	-	117	1:20	0.50	15:13	30:26	1	-	192	6:58	
Schwimmen 000	0.50	15:13	30:26	1	-	192	6:58	0.50	15:13	30:26	1	-	192	6:58	
Kontrolle Rad	6.00	13:41	2:16	1	-	240	4:27	6.50	28:54	4:26	1	-	218	10:11	
Kontrolle Rad	8.00	16:11	2:01	1	-	223	4:24	14.50	45:05	3:06	1	-	267	13:30	
Rad Ziel	6.00	11:51	1:58	1	-	227	3:18	20.50	56:56	2:46	1	-	222	16:17	
Rad 0	20.00	41:43	2:05	1	29:52	1	33:10	20.50	56:56	2:46	1	-	222	16:17	
Wechsel R -> L	-	0:46	-	1	-	37	0:14	20.50	57:42	2:48	1	-	217	16:23	
Rad 000	20.00	42:29	2:07	1	-	229	12:04	20.50	57:42	2:48	1	-	217	16:23	
Kontrolle Lauf	2.40	14:54	6:12	1	-	239	7:04	22.90	1:12:36	3:10	1	-	221	23:27	
Lauf Ziel	2.60	16:04	6:10	1	-	236	7:50	25.50	1:28:40	3:28	1	-	228	31:17	
Lauf 000	5.00	30:58	6:11	1	-	237	14:54	25.50	1:28:40	3:28	1	-	228	31:17	