



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Glanzner, Martin

000: 1:28:45

00: 254

00: 25.50 km

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

00000/000: 289 (of 353)

00000/0: 229 (of 269)

000000: 57:23

0000:

männliche AK 2 (TM 25)

00000: 14(of 15)

0000000: 1:01:50

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	13:29	26:57	15	4:59	229	6:30	0.50	13:29	26:57	16	4:59	229	6:30
Wechsel S -> R	-	3:25	-	11	1:40	216	2:09	0.50	16:54	33:47	16	6:24	225	8:39
Schwimmen 000	0.50	16:54	33:47	16	6:24	225	8:39	0.50	16:54	33:47	16	6:24	225	8:39
Kontrolle Rad	6.00	13:09	2:11	12	3:39	228	3:55	6.50	30:03	4:37	16	10:03	227	11:20
Kontrolle Rad	8.00	16:27	2:03	12	4:00	231	4:40	14.50	46:30	3:12	16	12:47	267	14:55
Rad Ziel	6.00	12:01	2:00	13	3:03	230	3:28	20.50	58:31	2:51	16	15:50	232	17:52
Rad 0	20.00	41:37	2:04	1	32:39	1	33:04	20.50	58:31	2:51	16	15:50	232	17:52
Wechsel R -> L	-	0:42	-	1	-	22	0:10	20.50	59:13	2:53	16	15:46	229	17:54
Rad 000	20.00	42:19	2:06	12	10:11	226	11:54	20.50	59:13	2:53	16	15:46	229	17:54
Kontrolle Lauf	2.40	14:21	5:58	14	5:21	227	6:31	22.90	1:13:34	3:12	16	21:04	228	24:25
Lauf Ziel	2.60	15:11	5:50	13	6:51	226	6:57	25.50	1:28:45	3:28	14	26:55	229	31:22
Lauf 000	5.00	29:32	5:54	13	12:12	227	13:28	25.50	1:28:45	3:28	14	26:55	229	31:22