



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Schmidt, Holger

000: 1:16:52

00: Monnem vorne

00: 43

00: 25.50 km

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

00000/000: 146 (of 353)

00000/0: 132 (of 269)

000000: 57:23

0000:

00000: 21(of 48)

Senioren 3 (TM 50)

0000000: 1:07:43

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	12:43	25:26	36	4:13	211	5:44	0.50	12:43	25:26	36	4:13	269	5:44
Wechsel S -> R	-	3:04	-	33	1:23	177	1:48	0.50	15:47	31:33	49	5:15	268	7:32
Schwimmen 000	0.50	15:47	31:33	49	5:15	268	7:32	0.50	15:47	31:33	49	5:15	268	7:32
Kontrolle Rad	6.00	11:38	1:56	20	1:00	130	2:24	6.50	27:25	4:13	49	6:09	268	8:42
Kontrolle Rad	8.00	14:03	1:45	19	0:54	109	2:16	14.50	41:28	2:51	49	6:53	267	9:53
Rad Ziel	6.00	10:18	1:43	18	0:44	101	1:45	20.50	51:46	2:31	49	7:10	268	11:07
Rad 0	20.00	35:59	1:47	1	26:25	1	27:26	20.50	51:46	2:31	49	7:10	268	11:07
Wechsel R -> L	-	1:01	-	18	0:27	108	0:29	20.50	52:47	2:34	49	7:25	268	11:28
Rad 000	20.00	37:00	1:51	18	2:38	110	6:35	20.50	52:47	2:34	49	7:25	268	11:28
Kontrolle Lauf	2.40	11:47	4:54	21	2:53	123	3:57	22.90	1:04:34	2:49	48	8:16	265	15:25
Lauf Ziel	2.60	12:18	4:43	17	3:03	114	4:04	25.50	1:16:52	3:00	21	9:09	132	19:29
Lauf 000	5.00	24:05	4:48	20	5:56	120	8:01	25.50	1:16:52	3:00	21	9:09	132	19:29