



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Reuter, Sebastian

000: 1:09:59

00: 284

00: 25.50 km

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

00000/000: 58 (of 353)

00000/0: 56 (of 269)

000000: 57:23

0000:

00000: 8(of 18)

männliche AK 3 (TM 30)

0000000: 1:01:26

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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	8:38	17:15	3	0:36	18	1:39	0.50	8:38	17:15	19	0:36	269	1:39
Wechsel S -> R	-	2:17	-	9	0:42	69	1:01	0.50	10:55	21:49	19	1:11	268	2:40
Schwimmen 000	0.50	10:55	21:49	19	1:11	268	2:40	0.50	10:55	21:49	19	1:11	268	2:40
Kontrolle Rad	6.00	10:56	1:49	7	1:39	47	1:42	6.50	21:51	3:21	19	2:17	268	3:08
Kontrolle Rad	8.00	13:35	1:41	8	1:48	61	1:48	14.50	35:26	2:26	19	3:40	267	3:51
Rad Ziel	6.00	10:09	1:41	11	1:36	82	1:36	20.50	45:35	2:13	19	4:47	268	4:56
Rad 0	20.00	34:40	1:43	1	26:07	1	26:07	20.50	45:35	2:13	19	4:47	268	4:56
Wechsel R -> L	-	0:58	-	11	0:20	94	0:26	20.50	46:33	2:16	19	5:05	268	5:14
Rad 000	20.00	35:38	1:46	9	5:13	61	5:13	20.50	46:33	2:16	19	5:05	268	5:14
Kontrolle Lauf	2.40	10:59	4:34	10	2:20	72	3:09	22.90	57:32	2:30	19	6:22	265	8:23
Lauf Ziel	2.60	12:27	4:47	14	3:35	122	4:13	25.50	1:09:59	2:44	8	8:33	56	12:36
Lauf 000	5.00	23:26	4:41	11	5:52	101	7:22	25.50	1:09:59	2:44	8	8:33	56	12:36