



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Pirente, Reiner

000: 1:30:07

00: 240

00: 25.50 km

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

00000/000: 298 (of 353)

00000/0: 234 (of 269)

000000: 57:23

0000:

00000: 28(of 34)

Senioren 4 (TM 55)

0000000: 1:00:22

0000

0000

000

| 000            | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000   | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 10:52    | 21:44        | 17      | 2:45    | 127     | 3:53    | 0.50  | 10:52     | 21:44     | 17            | 2:45    | 127     | 3:53    |         |
| Wechsel S -> R | -        | 4:24     | -            | 31      | 2:48    | 251     | 3:08    | 0.50  | 15:16     | 30:32     | 34            | 5:23    | 194     | 7:01    |         |
| Schwimmen 000  | 0.50     | 15:16    | 30:32        | 34      | 5:23    | 194     | 7:01    | 0.50  | 15:16     | 30:32     | 34            | 5:23    | 194     | 7:01    |         |
| Kontrolle Rad  | 6.00     | 12:44    | 2:07         | 25      | 2:32    | 211     | 3:30    | 6.50  | 28:00     | 4:18      | 34            | 7:49    | 201     | 9:17    |         |
| Kontrolle Rad  | 8.00     | 16:22    | 2:02         | 28      | 4:03    | 227     | 4:35    | 14.50 | 44:22     | 3:03      | 34            | 11:34   | 267     | 12:47   |         |
| Rad Ziel       | 6.00     | 12:14    | 2:02         | 29      | 3:13    | 239     | 3:41    | 20.50 | 56:36     | 2:45      | 34            | 14:47   | 216     | 15:57   |         |
| Rad 0          | 20.00    | 41:20    | 2:04         | 1       | 32:19   | 1       | 32:47   | 20.50 | 56:36     | 2:45      | 34            | 14:47   | 216     | 15:57   |         |
| Wechsel R -> L | -        | 2:52     | -            | 33      | 2:14    | 267     | 2:20    | 20.50 | 59:28     | 2:54      | 34            | 16:57   | 231     | 18:09   |         |
| Rad 000        | 20.00    | 44:12    | 2:12         | 29      | 11:58   | 241     | 13:47   | 20.50 | 59:28     | 2:54      | 34            | 16:57   | 231     | 18:09   |         |
| Kontrolle Lauf | 2.40     | 14:53    | 6:12         | 28      | 6:05    | 237     | 7:03    | 22.90 | 1:14:21   | 3:14      | 34            | 23:02   | 232     | 25:12   |         |
| Lauf Ziel      | 2.60     | 15:46    | 6:03         | 28      | 6:43    | 233     | 7:32    | 25.50 | 1:30:07   | 3:32      | 28            | 29:45   | 234     | 32:44   |         |
| Lauf 000       | 5.00     | 30:39    | 6:07         | 28      | 12:48   | 235     | 14:35   | 25.50 | 1:30:07   | 3:32      | 28            | 29:45   | 234     | 32:44   |         |