



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Burkert, Christoph

000: 1:30:23

00: 236

00: 25.50 km

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

0000:

Senioren 3 (TM 50)

00000/000: 304 (of 353)

00000/0: 237 (of 269)

000000: 57:23

00000: 42(of 48)

0000000: 1:07:43

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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	12:15	24:30	31	3:45	193	5:16	0.50	12:15	24:30	49	3:45	193	5:16	
Wechsel S -> R	-	3:04	-	33	1:23	177	1:48	0.50	15:19	30:37	49	4:47	195	7:04	
Schwimmen 000	0.50	15:19	30:37	49	4:47	195	7:04	0.50	15:19	30:37	49	4:47	195	7:04	
Kontrolle Rad	6.00	13:43	2:17	46	3:05	242	4:29	6.50	29:02	4:28	49	7:46	219	10:19	
Kontrolle Rad	8.00	16:52	2:06	46	3:43	240	5:05	14.50	45:54	3:09	49	11:19	267	14:19	
Rad Ziel	6.00	12:38	2:06	47	3:04	252	4:05	20.50	58:32	2:51	49	13:56	233	17:53	
Rad 0	20.00	43:13	2:09	1	33:39	1	34:40	20.50	58:32	2:51	49	13:56	233	17:53	
Wechsel R -> L	-	0:46	-	8	0:12	37	0:14	20.50	59:18	2:53	49	13:56	230	17:59	
Rad 000	20.00	43:59	2:11	46	9:37	238	13:34	20.50	59:18	2:53	49	13:56	230	17:59	
Kontrolle Lauf	2.40	14:48	6:10	42	5:54	234	6:58	22.90	1:14:06	3:14	48	17:48	231	24:57	
Lauf Ziel	2.60	16:17	6:15	43	7:02	241	8:03	25.50	1:30:23	3:32	42	22:40	237	33:00	
Lauf 000	5.00	31:05	6:13	42	12:56	238	15:01	25.50	1:30:23	3:32	42	22:40	237	33:00	