



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Verweyen, Christian

000: 1:30:10

00: 237

00: 25.50 km

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

00000/000: 300 (of 353)

00000/0: 235 (of 269)

000000: 57:23

0000:

00000: 29(of 34)

Senioren 4 (TM 55)

0000000: 1:00:22

0000

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000

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	15:38	31:15	33	7:31	258	8:39	0.50	15:38	31:15	33	7:31	258	8:39	
Wechsel S -> R	-	3:40	-	28	2:04	231	2:24	0.50	19:18	38:36	34	9:25	254	11:03	
Schwimmen 000	0.50	19:18	38:36	34	9:25	254	11:03	0.50	19:18	38:36	34	9:25	254	11:03	
Kontrolle Rad	6.00	13:53	2:18	30	3:41	248	4:39	6.50	33:11	5:06	34	13:00	254	14:28	
Kontrolle Rad	8.00	17:04	2:07	31	4:45	245	5:17	14.50	50:15	3:27	34	17:27	267	18:40	
Rad Ziel	6.00	12:10	2:01	28	3:09	236	3:37	20.50	1:02:25	3:02	34	20:36	254	21:46	
Rad 0	20.00	43:07	2:09	1	34:06	1	34:34	20.50	1:02:25	3:02	34	20:36	254	21:46	
Wechsel R -> L	-	1:03	-	13	0:25	116	0:31	20.50	1:03:28	3:05	34	20:57	251	22:09	
Rad 000	20.00	44:10	2:12	28	11:56	240	13:45	20.50	1:03:28	3:05	34	20:57	251	22:09	
Kontrolle Lauf	2.40	13:01	5:25	21	4:13	189	5:11	22.90	1:16:29	3:20	34	25:10	241	27:20	
Lauf Ziel	2.60	13:41	5:15	22	4:38	184	5:27	25.50	1:30:10	3:32	29	29:48	235	32:47	
Lauf 000	5.00	26:42	5:20	21	8:51	188	10:38	25.50	1:30:10	3:32	29	29:48	235	32:47	