



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Berger, Rüdiger

000: 1:30:29

00: SSG Bensheim Trias

00: 270

00: 25.50 km

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

00000/000: 305 (of 353)

00000/0: 238 (of 269)

000000: 57:23

00000: 7(of 8)

0000000: 1:13:24

0000:

Senioren 6 (TM 65)

0000

0000

000

	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	14:39	29:18	8	4:08	247	7:40	0.50	14:39	29:18	9	4:08	247	7:40
Wechsel S -> R	-	4:02	-	7	1:55	241	2:46	0.50	18:41	37:22	9	6:03	247	10:26
Schwimmen 000	0.50	18:41	37:22	9	6:03	247	10:26	0.50	18:41	37:22	9	6:03	247	10:26
Kontrolle Rad	6.00	13:48	2:18	7	2:46	244	4:34	6.50	32:29	4:59	9	8:49	249	13:46
Kontrolle Rad	8.00	17:04	2:07	7	3:27	245	5:17	14.50	49:33	3:25	8	12:16	267	17:58
Rad Ziel	6.00	12:16	2:02	6	2:11	242	3:43	20.50	1:01:49	3:00	9	14:27	249	21:10
Rad 0	20.00	43:08	2:09	1	33:03	1	34:35	20.50	1:01:49	3:00	9	14:27	249	21:10
Wechsel R -> L	-	1:05	-	3	0:25	125	0:33	20.50	1:02:54	3:04	9	14:52	249	21:35
Rad 000	20.00	44:13	2:12	7	8:49	243	13:48	20.50	1:02:54	3:04	9	14:52	249	21:35
Kontrolle Lauf	2.40	13:41	5:42	5	1:22	210	5:51	22.90	1:16:35	3:20	9	16:13	244	27:26
Lauf Ziel	2.60	13:54	5:20	5	0:52	191	5:40	25.50	1:30:29	3:32	7	17:05	238	33:06
Lauf 000	5.00	27:35	5:30	5	2:13	203	11:31	25.50	1:30:29	3:32	7	17:05	238	33:06