



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Koch, Martin

000: 1:11:43

00: United Runners of Pfalz

00: 274

00: 25.50 km

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

00000/000: 75 (of 353)

00000/0: 72 (of 269)

000000: 57:23

00000: 9(of 34)

0000000: 1:00:22

0000:

Senioren 4 (TM 55)

0000

0000

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	10:48	21:36	16	2:41	120	3:49	0.50	10:48	21:36	34	2:41	269	3:49	
Wechsel S -> R	-	2:48	-	18	1:12	145	1:32	0.50	13:36	27:11	34	3:43	268	5:21	
Schwimmen 000	0.50	13:36	27:11	34	3:43	268	5:21	0.50	13:36	27:11	34	3:43	268	5:21	
Kontrolle Rad	6.00	10:48	1:48	5	0:36	37	1:34	6.50	24:24	3:45	34	4:13	268	5:41	
Kontrolle Rad	8.00	13:18	1:39	4	0:59	35	1:31	14.50	37:42	2:36	34	4:54	267	6:07	
Rad Ziel	6.00	9:44	1:37	4	0:43	36	1:11	20.50	47:26	2:18	34	5:37	268	6:47	
Rad 0	20.00	33:50	1:41	1	24:49	1	25:17	20.50	47:26	2:18	34	5:37	268	6:47	
Wechsel R -> L	-	0:38	-	1	-	9	0:06	20.50	48:04	2:20	34	5:33	268	6:45	
Rad 000	20.00	34:28	1:43	3	2:14	26	4:03	20.50	48:04	2:20	34	5:33	268	6:45	
Kontrolle Lauf	2.40	11:22	4:44	11	2:34	98	3:32	22.90	59:26	2:35	34	8:07	265	10:17	
Lauf Ziel	2.60	12:17	4:43	12	3:14	113	4:03	25.50	1:11:43	2:48	9	11:21	72	14:20	
Lauf 000	5.00	23:39	4:43	12	5:48	107	7:35	25.50	1:11:43	2:48	9	11:21	72	14:20	