



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Hug, Markus

000: 1:12:12

00: IG Breitensport

00: 293

00: 25.50 km

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

00000/000: 77 (of 353)

00000/0: 74 (of 269)

000000: 57:23

0000:

00000: 17(of 55)

Senioren 2 (TM 45)

0000000: 1:03:12

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0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:08	20:15	14	1:37	83	3:09	0.50	10:08	20:15	56	1:37	269	3:09
Wechsel S -> R	-	2:05	-	6	0:28	42	0:49	0.50	12:13	24:26	56	1:37	268	3:58
Schwimmen 000	0.50	12:13	24:26	56	1:37	268	3:58	0.50	12:13	24:26	56	1:37	268	3:58
Kontrolle Rad	6.00	11:58	1:59	39	1:59	160	2:44	6.50	24:11	3:43	56	3:06	268	5:28
Kontrolle Rad	8.00	14:25	1:48	35	1:58	143	2:38	14.50	38:36	2:39	56	5:03	267	7:01
Rad Ziel	6.00	10:35	1:45	33	1:20	138	2:02	20.50	49:11	2:23	56	6:21	268	8:32
Rad 0	20.00	36:58	1:50	1	27:43	1	28:25	20.50	49:11	2:23	56	6:21	268	8:32
Wechsel R -> L	-	1:06	-	33	0:34	132	0:34	20.50	50:17	2:27	56	6:46	268	8:58
Rad 000	20.00	38:04	1:54	34	5:33	141	7:39	20.50	50:17	2:27	56	6:46	268	8:58
Kontrolle Lauf	2.40	10:44	4:28	13	1:26	58	2:54	22.90	1:01:01	2:39	56	7:40	265	11:52
Lauf Ziel	2.60	11:11	4:18	14	1:25	55	2:57	25.50	1:12:12	2:49	17	9:00	74	14:49
Lauf 000	5.00	21:55	4:23	14	2:49	58	5:51	25.50	1:12:12	2:49	17	9:00	74	14:49