



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Bertsch, Jochen

000: 1:12:32

00: 283

00: 25.50 km

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

00000/000: 83 (of 353)

00000/0: 78 (of 269)

000000: 57:23

0000:

00000: 10(of 34)

Senioren 4 (TM 55)

0000000: 1:00:22

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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	9:42	19:23	6	1:35	56	2:43	0.50	9:42	19:23	34	1:35	56	2:43	
Wechsel S -> R	-	2:35	-	14	0:59	116	1:19	0.50	12:17	24:33	34	2:24	268	4:02	
Schwimmen 000	0.50	12:17	24:33	34	2:24	268	4:02	0.50	12:17	24:33	34	2:24	268	4:02	
Kontrolle Rad	6.00	11:25	1:54	15	1:13	102	2:11	6.50	23:42	3:38	34	3:31	268	4:59	
Kontrolle Rad	8.00	13:29	1:41	8	1:10	56	1:42	14.50	37:11	2:33	34	4:23	267	5:36	
Rad Ziel	6.00	9:58	1:39	7	0:57	55	1:25	20.50	47:09	2:17	34	5:20	268	6:30	
Rad 0	20.00	34:52	1:44	1	25:51	1	26:19	20.50	47:09	2:17	34	5:20	268	6:30	
Wechsel R -> L	-	0:57	-	10	0:19	87	0:25	20.50	48:06	2:20	34	5:35	268	6:47	
Rad 000	20.00	35:49	1:47	9	3:35	69	5:24	20.50	48:06	2:20	34	5:35	268	6:47	
Kontrolle Lauf	2.40	11:46	4:54	16	2:58	122	3:56	22.90	59:52	2:36	34	8:33	71	10:43	
Lauf Ziel	2.60	12:40	4:52	15	3:37	136	4:26	25.50	1:12:32	2:50	10	12:10	78	15:09	
Lauf 000	5.00	24:26	4:53	15	6:35	129	8:22	25.50	1:12:32	2:50	10	12:10	78	15:09	