



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Schröer, Stefan

000: 1:13:40

00: 309

00: 25.50 km

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

00000/000: 99 (of 353)

00000/0: 94 (of 269)

000000: 57:23

0000:

männliche AK 3 (TM 30)

00000: 10(of 18)

0000000: 1:01:26

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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	9:59	19:57	5	1:57	75	3:00	0.50	9:59	19:57	19	1:57	269	3:00
Wechsel S -> R	-	2:34	-	12	0:59	115	1:18	0.50	12:33	25:06	19	2:49	268	4:18
Schwimmen 000	0.50	12:33	25:06	19	2:49	268	4:18	0.50	12:33	25:06	19	2:49	268	4:18
Kontrolle Rad	6.00	11:39	1:56	12	2:22	132	2:25	6.50	24:12	3:43	19	4:38	268	5:29
Kontrolle Rad	8.00	14:23	1:47	14	2:36	140	2:36	14.50	38:35	2:39	19	6:49	267	7:00
Rad Ziel	6.00	10:32	1:45	15	1:59	135	1:59	20.50	49:07	2:23	19	8:19	268	8:28
Rad 0	20.00	36:34	1:49	1	28:01	1	28:01	20.50	49:07	2:23	19	8:19	268	8:28
Wechsel R -> L	-	1:05	-	13	0:27	125	0:33	20.50	50:12	2:26	19	8:44	268	8:53
Rad 000	20.00	37:39	1:52	14	7:14	132	7:14	20.50	50:12	2:26	19	8:44	268	8:53
Kontrolle Lauf	2.40	11:29	4:47	12	2:50	106	3:39	22.90	1:01:41	2:41	19	10:31	265	12:32
Lauf Ziel	2.60	11:59	4:36	11	3:07	97	3:45	25.50	1:13:40	2:53	10	12:14	94	16:17
Lauf 000	5.00	23:28	4:41	12	5:54	102	7:24	25.50	1:13:40	2:53	10	12:14	94	16:17