



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Strößinger, Jan

000: 1:15:30

00: 316

00: 25.50 km

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

0000:

männliche AK 2 (TM 25)

00000/000: 124 (of 353)

00000/0: 112 (of 269)

000000: 57:23

00000: 8(of 15)

0000000: 1:01:50

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0000

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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	11:20	22:40	12	2:50	150	4:21	0.50	11:20	22:40	16	2:50	269	4:21
Wechsel S -> R	-	2:06	-	5	0:21	46	0:50	0.50	13:26	26:52	16	2:56	268	5:11
Schwimmen 000	0.50	13:26	26:52	16	2:56	268	5:11	0.50	13:26	26:52	16	2:56	268	5:11
Kontrolle Rad	6.00	12:03	2:00	9	2:33	171	2:49	6.50	25:29	3:55	16	5:29	268	6:46
Kontrolle Rad	8.00	14:59	1:52	10	2:32	179	3:12	14.50	40:28	2:47	16	6:45	267	8:53
Rad Ziel	6.00	10:44	1:47	9	1:46	158	2:11	20.50	51:12	2:29	16	8:31	268	10:33
Rad 0	20.00	37:46	1:53	1	28:48	1	29:13	20.50	51:12	2:29	16	8:31	268	10:33
Wechsel R -> L	-	0:57	-	6	0:15	87	0:25	20.50	52:09	2:32	16	8:42	268	10:50
Rad 000	20.00	38:43	1:56	10	6:35	163	8:18	20.50	52:09	2:32	16	8:42	268	10:50
Kontrolle Lauf	2.40	11:12	4:40	6	2:12	87	3:22	22.90	1:03:21	2:45	16	10:51	265	14:12
Lauf Ziel	2.60	12:09	4:40	6	3:49	104	3:55	25.50	1:15:30	2:57	8	13:40	112	18:07
Lauf 000	5.00	23:21	4:40	6	6:01	99	7:17	25.50	1:15:30	2:57	8	13:40	112	18:07