



16. Lorsch Triathlon

Lorsch / 11.08.2019

Streit, Nicolai

Streit, Nicolai

1:17:10

1

25.50 km

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

153 (of 353)

137 (of 269)

57:23

AK 3 (TM 30)

14(of 18)

1:01:26

AK 3 (TM 30)

AK 3 (TM 30)

AK 3 (TM 30)

AK 3 (TM 30)	km	min	min/km	-	-	AK 3 (TM 30)	AK 3 (TM 30)	km	min	min/km	-	-	AK 3 (TM 30)	AK 3 (TM 30)
Schwimmen nett	0.50	10:42	21:23	10	2:40	115	3:43	0.50	10:42	21:23	10	2:40	269	3:43
Wechsel S -> R	-	2:42	-	13	1:07	132	1:26	0.50	13:24	26:48	12	3:40	268	5:09
Schwimmen AK 3 (TM 30)	0.50	13:24	26:48	12	3:40	268	5:09	0.50	13:24	26:48	12	3:40	268	5:09
Kontrolle Rad	6.00	11:39	1:56	12	2:22	132	2:25	6.50	25:03	3:51	13	5:29	268	6:20
Kontrolle Rad	8.00	14:09	1:46	12	2:22	120	2:22	14.50	39:12	2:42	13	7:26	267	7:37
Rad Ziel	6.00	10:16	1:42	13	1:43	98	1:43	20.50	49:28	2:24	13	8:40	268	8:49
Rad AK 3 (TM 30)	20.00	36:04	1:48	1	27:31	1	27:31	20.50	49:28	2:24	13	8:40	268	8:49
Wechsel R -> L	-	1:24	-	18	0:46	201	0:52	20.50	50:52	2:28	13	9:24	268	9:33
Rad AK 3 (TM 30)	20.00	37:28	1:52	13	7:03	127	7:03	20.50	50:52	2:28	13	9:24	268	9:33
Kontrolle Lauf	2.40	13:15	5:31	16	4:36	200	5:25	22.90	1:04:07	2:47	15	12:57	265	14:58
Lauf Ziel	2.60	13:03	5:01	15	4:11	154	4:49	25.50	1:17:10	3:01	14	15:44	137	19:47
Lauf AK 3 (TM 30)	5.00	26:18	5:15	15	8:44	182	10:14	25.50	1:17:10	3:01	14	15:44	137	19:47