



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Guenther, John

000: 1:37:54

00: 238

00: 25.50 km

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

0000:

Senioren 3 (TM 50)

00000/000: 330 (of 353)

00000/0: 256 (of 269)

000000: 57:23

00000: 46(of 48)

0000000: 1:07:43

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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	13:29	26:57	39	4:59	229	6:30	0.50	13:29	26:57	49	4:59	229	6:30	
Wechsel S -> R	-	4:24	-	48	2:43	251	3:08	0.50	17:53	35:45	49	7:21	237	9:38	
Schwimmen 000	0.50	17:53	35:45	49	7:21	237	9:38	0.50	17:53	35:45	49	7:21	237	9:38	
Kontrolle Rad	6.00	16:27	2:44	48	5:49	267	7:13	6.50	34:20	5:16	49	13:04	260	15:37	
Kontrolle Rad	8.00	21:12	2:38	48	8:03	266	9:25	14.50	55:32	3:49	49	20:57	267	23:57	
Rad Ziel	6.00	15:04	2:30	48	5:30	266	6:31	20.50	1:10:36	3:26	49	26:00	267	29:57	
Rad 0	20.00	52:43	2:38	1	43:09	1	44:10	20.50	1:10:36	3:26	49	26:00	267	29:57	
Wechsel R -> L	-	1:19	-	33	0:45	185	0:47	20.50	1:11:55	3:30	49	26:33	267	30:36	
Rad 000	20.00	54:02	2:42	48	19:40	267	23:37	20.50	1:11:55	3:30	49	26:33	267	30:36	
Kontrolle Lauf	2.40	12:54	5:22	33	4:00	185	5:04	22.90	1:24:49	3:42	48	28:31	262	35:40	
Lauf Ziel	2.60	13:05	5:01	28	3:50	155	4:51	25.50	1:37:54	3:50	46	30:11	256	40:31	
Lauf 000	5.00	25:59	5:11	32	7:50	170	9:55	25.50	1:37:54	3:50	46	30:11	256	40:31	