



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Dambier, Markus

000: 1:14:51

00: Heppenheimer Skiclub

00: 312

00: 25.50 km

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

00000/000: 115 (of 353)

00000/0: 106 (of 269)

000000: 57:23

0000:

00000: 8(of 25)

Senioren 1 (TM 40)

0000000: 1:03:07

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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	11:50	23:40	20	3:57	178	4:51	0.50	11:50	23:40	26	3:57	269	4:51	
Wechsel S -> R	-	2:30	-	10	1:04	103	1:14	0.50	14:20	28:40	26	4:42	268	6:05	
Schwimmen 000	0.50	14:20	28:40	26	4:42	268	6:05	0.50	14:20	28:40	26	4:42	268	6:05	
Kontrolle Rad	6.00	11:18	1:53	6	0:54	85	2:04	6.50	25:38	3:56	26	5:36	268	6:55	
Kontrolle Rad	8.00	13:36	1:42	4	0:41	64	1:49	14.50	39:14	2:42	26	6:17	267	7:39	
Rad Ziel	6.00	9:45	1:37	2	0:15	37	1:12	20.50	48:59	2:23	26	6:32	268	8:20	
Rad 0	20.00	34:39	1:43	1	25:09	1	26:06	20.50	48:59	2:23	26	6:32	268	8:20	
Wechsel R -> L	-	0:55	-	6	0:18	82	0:23	20.50	49:54	2:26	26	6:17	268	8:35	
Rad 000	20.00	35:34	1:46	4	1:35	59	5:09	20.50	49:54	2:26	26	6:17	268	8:35	
Kontrolle Lauf	2.40	11:26	4:45	11	2:35	103	3:36	22.90	1:01:20	2:40	25	8:16	265	12:11	
Lauf Ziel	2.60	13:31	5:11	15	4:03	178	5:17	25.50	1:14:51	2:56	8	11:44	106	17:28	
Lauf 000	5.00	24:57	4:59	14	6:38	144	8:53	25.50	1:14:51	2:56	8	11:44	106	17:28	