



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Glanzner, Robert

000: 1:18:21

00: 297

00: 25.50 km

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

00000/000: 175 (of 353)

00000/0: 152 (of 269)

000000: 57:23

0000:

00000: 19(of 34)

Senioren 4 (TM 55)

0000000: 1:00:22

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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	10:06	20:11	10	1:59	79	3:07	0.50	10:06	20:11	34	1:59	80	3:07	
Wechsel S -> R	-	2:47	-	17	1:11	144	1:31	0.50	12:53	25:45	34	3:00	268	4:38	
Schwimmen 000	0.50	12:53	25:45	34	3:00	268	4:38	0.50	12:53	25:45	34	3:00	268	4:38	
Kontrolle Rad	6.00	12:10	2:01	21	1:58	178	2:56	6.50	25:03	3:51	34	4:52	268	6:20	
Kontrolle Rad	8.00	15:03	1:52	21	2:44	182	3:16	14.50	40:06	2:45	34	7:18	267	8:31	
Rad Ziel	6.00	11:15	1:52	23	2:14	192	2:42	20.50	51:21	2:30	34	9:32	268	10:42	
Rad 0	20.00	38:28	1:55	1	29:27	1	29:55	20.50	51:21	2:30	34	9:32	268	10:42	
Wechsel R -> L	-	1:27	-	24	0:49	209	0:55	20.50	52:48	2:34	34	10:17	268	11:29	
Rad 000	20.00	39:55	1:59	21	7:41	192	9:30	20.50	52:48	2:34	34	10:17	268	11:29	
Kontrolle Lauf	2.40	12:15	5:06	19	3:27	143	4:25	22.90	1:05:03	2:50	34	13:44	265	15:54	
Lauf Ziel	2.60	13:18	5:06	19	4:15	166	5:04	25.50	1:18:21	3:04	19	17:59	152	20:58	
Lauf 000	5.00	25:33	5:06	19	7:42	159	9:29	25.50	1:18:21	3:04	19	17:59	152	20:58	