



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Gutschalk, Andre

000: 1:19:04

00: 304

00: 25.50 km

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

0000:

Senioren 1 (TM 40)

00000/000: 193 (of 353)

00000/0: 166 (of 269)

000000: 57:23

00000: 15(of 25)

0000000: 1:03:07

0000

0000

000

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	12:39	25:18	21	4:46	207	5:40	0.50	12:39	25:18	26	4:46	269	5:40	
Wechsel S -> R	-	2:53	-	13	1:27	154	1:37	0.50	15:32	31:03	26	5:54	268	7:17	
Schwimmen 000	0.50	15:32	31:03	26	5:54	268	7:17	0.50	15:32	31:03	26	5:54	268	7:17	
Kontrolle Rad	6.00	11:47	1:57	12	1:23	144	2:33	6.50	27:19	4:12	26	7:17	268	8:36	
Kontrolle Rad	8.00	14:45	1:50	14	1:50	164	2:58	14.50	42:04	2:54	26	9:07	267	10:29	
Rad Ziel	6.00	10:52	1:48	16	1:22	167	2:19	20.50	52:56	2:34	26	10:29	268	12:17	
Rad 0	20.00	37:24	1:52	1	27:54	1	28:51	20.50	52:56	2:34	26	10:29	268	12:17	
Wechsel R -> L	-	0:50	-	4	0:13	61	0:18	20.50	53:46	2:37	26	10:09	268	12:27	
Rad 000	20.00	38:14	1:54	12	4:15	147	7:49	20.50	53:46	2:37	26	10:09	268	12:27	
Kontrolle Lauf	2.40	12:05	5:02	12	3:14	137	4:15	22.90	1:05:51	2:52	25	12:47	265	16:42	
Lauf Ziel	2.60	13:13	5:04	14	3:45	162	4:59	25.50	1:19:04	3:06	15	15:57	166	21:41	
Lauf 000	5.00	25:18	5:03	15	6:59	153	9:14	25.50	1:19:04	3:06	15	15:57	166	21:41	