



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Scheler, Torsten

000: 1:17:44

00: 29

00: 25.50 km

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

0000:

männliche AK 4 (TM 35)

00000/000: 165 (of 353)

00000/0: 145 (of 269)

000000: 57:23

00000: 16(of 27)

0000000: 59:10

0000

0000

000

|                | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 12:13    | 24:26        | 21      | 4:32    | 192     | 5:14    | 0.50      | 12:13     | 24:26         | 28      | 4:32    | 269     | 5:14    |
| Wechsel S -> R | -        | 2:33     | -            | 11      | 1:03    | 110     | 1:17    | 0.50      | 14:46     | 29:32         | 28      | 4:51    | 268     | 6:31    |
| Schwimmen 000  | 0.50     | 14:46    | 29:32        | 28      | 4:51    | 268     | 6:31    | 0.50      | 14:46     | 29:32         | 28      | 4:51    | 268     | 6:31    |
| Kontrolle Rad  | 6.00     | 13:03    | 2:10         | 22      | 3:49    | 225     | 3:49    | 6.50      | 27:49     | 4:16          | 28      | 8:35    | 268     | 9:06    |
| Kontrolle Rad  | 8.00     | 16:26    | 2:03         | 24      | 4:05    | 230     | 4:39    | 14.50     | 44:15     | 3:03          | 28      | 12:40   | 267     | 12:40   |
| Rad Ziel       | 6.00     | 11:08    | 1:51         | 19      | 1:53    | 185     | 2:35    | 20.50     | 55:23     | 2:42          | 28      | 14:33   | 268     | 14:44   |
| Rad 0          | 20.00    | 40:37    | 2:01         | 1       | 31:22   | 1       | 32:04   | 20.50     | 55:23     | 2:42          | 28      | 14:33   | 268     | 14:44   |
| Wechsel R -> L | -        | 0:48     | -            | 5       | 0:06    | 48      | 0:16    | 20.50     | 56:11     | 2:44          | 28      | 14:11   | 268     | 14:52   |
| Rad 000        | 20.00    | 41:25    | 2:04         | 23      | 9:25    | 215     | 11:00   | 20.50     | 56:11     | 2:44          | 28      | 14:11   | 268     | 14:52   |
| Kontrolle Lauf | 2.40     | 10:33    | 4:23         | 6       | 1:22    | 46      | 2:43    | 22.90     | 1:06:44   | 2:54          | 27      | 10:08   | 265     | 17:35   |
| Lauf Ziel      | 2.60     | 11:00    | 4:13         | 6       | 1:31    | 42      | 2:46    | 25.50     | 1:17:44   | 3:02          | 16      | 18:34   | 145     | 20:21   |
| Lauf 000       | 5.00     | 21:33    | 4:18         | 7       | 4:23    | 47      | 5:29    | 25.50     | 1:17:44   | 3:02          | 16      | 18:34   | 145     | 20:21   |