



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Tinelli, Dr. Marco

000: 1:21:20

00: 321

00: 25.50 km

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

0000:

Senioren 2 (TM 45)

00000/000: 224 (of 353)

00000/0: 188 (of 269)

000000: 57:23

00000: 43(of 55)

0000000: 1:03:12

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0000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	9:12	18:23	4	0:41	35	2:13	0.50	9:12	18:23	56	0:41	269	2:13
Wechsel S -> R	-	2:56	-	35	1:19	162	1:40	0.50	12:08	24:15	56	1:32	268	3:53
Schwimmen 0000	0.50	12:08	24:15	56	1:32	268	3:53	0.50	12:08	24:15	56	1:32	268	3:53
Kontrolle Rad	6.00	12:04	2:00	41	2:05	172	2:50	6.50	24:12	3:43	56	3:07	268	5:29
Kontrolle Rad	8.00	14:23	1:47	34	1:56	140	2:36	14.50	38:35	2:39	56	5:02	267	7:00
Rad Ziel	6.00	10:35	1:45	33	1:20	138	2:02	20.50	49:10	2:23	23	6:20	268	8:31
Rad 0	20.00	37:02	1:51	1	27:47	1	28:29	20.50	49:10	2:23	23	6:20	268	8:31
Wechsel R -> L	-	1:31	-	48	0:59	218	0:59	20.50	50:41	2:28	56	7:10	268	9:22
Rad 0000	20.00	38:33	1:55	37	6:02	157	8:08	20.50	50:41	2:28	56	7:10	268	9:22
Kontrolle Lauf	2.40	14:33	6:03	51	5:15	232	6:43	22.90	1:05:14	2:50	56	11:53	265	16:05
Lauf Ziel	2.60	16:06	6:11	51	6:20	237	7:52	25.50	1:21:20	3:11	43	18:08	188	23:57
Lauf 0000	5.00	30:39	6:07	51	11:33	236	14:35	25.50	1:21:20	3:11	43	18:08	188	23:57