



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Bartelt, Jörg

000: 1:24:14

00: 324

00: 25.50 km

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

00000/000: 247 (of 353)

00000/0: 206 (of 269)

000000: 57:23

0000:

00000: 23(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	13:58	27:56	30	5:51	239	6:59	0.50	13:58	27:56	34	5:51	269	6:59	
Wechsel S -> R	-	4:38	-	32	3:02	255	3:22	0.50	18:36	37:12	34	8:43	268	10:21	
Schwimmen 000	0.50	18:36	37:12	34	8:43	268	10:21	0.50	18:36	37:12	34	8:43	268	10:21	
Kontrolle Rad	6.00	12:40	2:06	24	2:28	209	3:26	6.50	31:16	4:48	34	11:05	268	12:33	
Kontrolle Rad	8.00	15:29	1:56	24	3:10	200	3:42	14.50	46:45	3:13	34	13:57	267	15:10	
Rad Ziel	6.00	11:23	1:53	24	2:22	204	2:50	20.50	58:08	2:50	34	16:19	268	17:29	
Rad 0	20.00	39:32	1:58	1	30:31	1	30:59	20.50	58:08	2:50	34	16:19	268	17:29	
Wechsel R -> L	-	0:44	-	3	0:06	31	0:12	20.50	58:52	2:52	34	16:21	268	17:33	
Rad 000	20.00	40:16	2:00	22	8:02	196	9:51	20.50	58:52	2:52	34	16:21	268	17:33	
Kontrolle Lauf	2.40	12:13	5:05	18	3:25	142	4:23	22.90	1:11:05	3:06	34	19:46	265	21:56	
Lauf Ziel	2.60	13:09	5:03	18	4:06	159	4:55	25.50	1:24:14	3:18	23	23:52	206	26:51	
Lauf 000	5.00	25:22	5:04	18	7:31	155	9:18	25.50	1:24:14	3:18	23	23:52	206	26:51	