



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Kühnle, Dirk

000: 1:24:19

00: 323

00: 25.50 km

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

00000/000: 249 (of 353)

00000/0: 208 (of 269)

000000: 57:23

0000:

Senioren 2 (TM 45)

00000: 49(of 55)

0000000: 1:03:12

0000

0000

000

| 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     | 14:45    | 29:30        | 54      | 6:14    | 249     | 7:46    | 0.50      | 14:45     | 29:30         | 56      | 6:14    | 269     | 7:46    |
| Wechsel S -> R | -        | 3:11     | -            | 44      | 1:34    | 196     | 1:55    | 0.50      | 17:56     | 35:52         | 56      | 7:20    | 268     | 9:41    |
| Schwimmen 000  | 0.50     | 17:56    | 35:52        | 56      | 7:20    | 268     | 9:41    | 0.50      | 17:56     | 35:52         | 56      | 7:20    | 268     | 9:41    |
| Kontrolle Rad  | 6.00     | 12:19    | 2:03         | 44      | 2:20    | 192     | 3:05    | 6.50      | 30:15     | 4:39          | 56      | 9:10    | 268     | 11:32   |
| Kontrolle Rad  | 8.00     | 15:07    | 1:53         | 41      | 2:40    | 183     | 3:20    | 14.50     | 45:22     | 3:07          | 56      | 11:49   | 267     | 13:47   |
| Rad Ziel       | 6.00     | 10:49    | 1:48         | 38      | 1:34    | 161     | 2:16    | 20.50     | 56:11     | 2:44          | 56      | 13:21   | 268     | 15:32   |
| Rad 0          | 20.00    | 38:15    | 1:54         | 1       | 29:00   | 1       | 29:42   | 20.50     | 56:11     | 2:44          | 56      | 13:21   | 268     | 15:32   |
| Wechsel R -> L | -        | 1:15     | -            | 40      | 0:43    | 172     | 0:43    | 20.50     | 57:26     | 2:48          | 56      | 13:55   | 268     | 16:07   |
| Rad 000        | 20.00    | 39:30    | 1:58         | 43      | 6:59    | 178     | 9:05    | 20.50     | 57:26     | 2:48          | 56      | 13:55   | 268     | 16:07   |
| Kontrolle Lauf | 2.40     | 13:01    | 5:25         | 46      | 3:43    | 189     | 5:11    | 22.90     | 1:10:27   | 3:04          | 56      | 17:06   | 265     | 21:18   |
| Lauf Ziel      | 2.60     | 13:52    | 5:19         | 46      | 4:06    | 189     | 5:38    | 25.50     | 1:24:19   | 3:18          | 49      | 21:07   | 208     | 26:56   |
| Lauf 000       | 5.00     | 26:53    | 5:22         | 46      | 7:47    | 192     | 10:49   | 25.50     | 1:24:19   | 3:18          | 49      | 21:07   | 208     | 26:56   |