



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Stapler, Wolfgang

000: 1:44:57

00: 255

00: 25.50 km

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

00000/000: 342 (of 353)

00000/0: 263 (of 269)

000000: 57:23

0000:

00000: 5(of 5)

Senioren 7 (TM 70)

0000000: 1:18:25

0000

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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	16:59	33:58	5	4:09	266	10:00	0.50	16:59	33:58	6	4:09	266	10:00	
Wechsel S -> R	-	4:33	-	4	1:54	253	3:17	0.50	21:32	43:04	6	5:35	265	13:17	
Schwimmen 000	0.50	21:32	43:04	6	5:35	265	13:17	0.50	21:32	43:04	6	5:35	265	13:17	
Kontrolle Rad	6.00	13:54	2:19	5	2:46	250	4:40	6.50	35:26	5:27	6	8:06	264	16:43	
Kontrolle Rad	8.00	17:09	2:08	4	3:05	248	5:22	14.50	52:35	3:37	6	11:06	267	21:00	
Rad Ziel	6.00	12:20	2:03	4	1:56	244	3:47	20.50	1:04:55	3:10	6	13:00	262	24:16	
Rad 0	20.00	43:23	2:10	1	32:59	1	34:50	20.50	1:04:55	3:10	6	13:00	262	24:16	
Wechsel R -> L	-	1:50	-	4	1:00	251	1:18	20.50	1:06:45	3:15	6	14:00	261	25:26	
Rad 000	20.00	45:13	2:15	5	8:25	253	14:48	20.50	1:06:45	3:15	6	14:00	261	25:26	
Kontrolle Lauf	2.40	19:07	7:57	5	6:49	263	11:17	22.90	1:25:52	3:44	6	20:03	263	36:43	
Lauf Ziel	2.60	19:05	7:20	5	6:29	262	10:51	25.50	1:44:57	4:06	5	26:32	263	47:34	
Lauf 000	5.00	38:12	7:38	5	13:18	263	22:08	25.50	1:44:57	4:06	5	26:32	263	47:34	