



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Brosy, Andreas

000: 1:26:18

00: 287

00: 25.50 km

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

00000/000: 270 (of 353)

00000/0: 220 (of 269)

000000: 57:23

0000:

00000: 25(of 34)

Senioren 4 (TM 55)

0000000: 1:00:22

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000

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	10:28	20:56	13	2:21	101	3:29	0.50	10:28	20:56	34	2:21	269	3:29	
Wechsel S -> R	-	4:44	-	33	3:08	257	3:28	0.50	15:12	30:23	34	5:19	268	6:57	
Schwimmen 000	0.50	15:12	30:23	34	5:19	268	6:57	0.50	15:12	30:23	34	5:19	268	6:57	
Kontrolle Rad	6.00	13:02	2:10	28	2:50	224	3:48	6.50	28:14	4:20	34	8:03	206	9:31	
Kontrolle Rad	8.00	16:12	2:01	27	3:53	224	4:25	14.50	44:26	3:03	34	11:38	267	12:51	
Rad Ziel	6.00	11:38	1:56	26	2:37	217	3:05	20.50	56:04	2:44	34	14:15	268	15:25	
Rad 0	20.00	40:52	2:02	1	31:51	1	32:19	20.50	56:04	2:44	34	14:15	268	15:25	
Wechsel R -> L	-	0:54	-	8	0:16	75	0:22	20.50	56:58	2:46	34	14:27	268	15:39	
Rad 000	20.00	41:46	2:05	26	9:32	221	11:21	20.50	56:58	2:46	34	14:27	268	15:39	
Kontrolle Lauf	2.40	13:51	5:46	25	5:03	211	6:01	22.90	1:10:49	3:05	34	19:30	265	21:40	
Lauf Ziel	2.60	15:29	5:57	27	6:26	230	7:15	25.50	1:26:18	3:23	25	25:56	220	28:55	
Lauf 000	5.00	29:20	5:51	26	11:29	225	13:16	25.50	1:26:18	3:23	25	25:56	220	28:55	