



16. Lorscher Triathlon

Lorsch / 11.08.2019

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Baumgartner, Michael

000: 1:18:20

00: DLRG Lorsch / Triathlonteam

00: 6

00: 25.50 km

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

00000/000: 174 (of 353)

00000/0: 151 (of 269)

000000: 57:23

0000:

00000: 27(of 48)

Senioren 3 (TM 50)

0000000: 1:07:43

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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	10:48	21:36	21	2:18	120	3:49	0.50	10:48	21:36	21	2:18	269	3:49
Wechsel S -> R	-	2:05	-	4	0:24	42	0:49	0.50	12:53	25:45	49	2:21	268	4:38
Schwimmen 0000	0.50	12:53	25:45	49	2:21	268	4:38	0.50	12:53	25:45	49	2:21	268	4:38
Kontrolle Rad	6.00	12:01	2:00	32	1:23	167	2:47	6.50	24:54	3:49	49	3:38	268	6:11
Kontrolle Rad	8.00	14:17	1:47	22	1:08	136	2:30	14.50	39:11	2:42	49	4:36	267	7:36
Rad Ziel	6.00	10:18	1:43	18	0:44	101	1:45	20.50	49:29	2:24	49	4:53	115	8:50
Rad 0	20.00	36:36	1:49	1	27:02	1	28:03	20.50	49:29	2:24	49	4:53	115	8:50
Wechsel R -> L	-	1:07	-	22	0:33	139	0:35	20.50	50:36	2:28	49	5:14	268	9:17
Rad 0000	20.00	37:43	1:53	21	3:21	133	7:18	20.50	50:36	2:28	49	5:14	268	9:17
Kontrolle Lauf	2.40	13:32	5:38	36	4:38	205	5:42	22.90	1:04:08	2:48	48	7:50	265	14:59
Lauf Ziel	2.60	14:12	5:27	37	4:57	203	5:58	25.50	1:18:20	3:04	27	10:37	151	20:57
Lauf 0000	5.00	27:44	5:32	37	9:35	205	11:40	25.50	1:18:20	3:04	27	10:37	151	20:57