



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Baudach, Dennis

000: 1:06:51

00: 345

00: 25.50 km

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

00000/000: 23 (of 353)

00000/0: 23 (of 269)

000000: 57:23

0000:

männliche AK 3 (TM 30)

00000: 5(of 18)

0000000: 1:01:26

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:16	20:32	7	2:14	89	3:17	0.50	10:16	20:32	19	2:14	269	3:17
Wechsel S -> R	-	2:11	-	6	0:36	55	0:55	0.50	12:27	24:53	19	2:43	268	4:12
Schwimmen 000	0.50	12:27	24:53	19	2:43	268	4:12	0.50	12:27	24:53	19	2:43	268	4:12
Kontrolle Rad	6.00	10:40	1:46	6	1:23	29	1:26	6.50	23:07	3:33	19	3:33	268	4:24
Kontrolle Rad	8.00	13:23	1:40	7	1:36	43	1:36	14.50	36:30	2:31	19	4:44	49	4:55
Rad Ziel	6.00	10:00	1:40	9	1:27	59	1:27	20.50	46:30	2:16	19	5:42	268	5:51
Rad 0	20.00	34:03	1:42	1	25:30	1	25:30	20.50	46:30	2:16	19	5:42	268	5:51
Wechsel R -> L	-	1:15	-	16	0:37	172	0:43	20.50	47:45	2:19	19	6:17	268	6:26
Rad 000	20.00	35:18	1:45	7	4:53	49	4:53	20.50	47:45	2:19	19	6:17	268	6:26
Kontrolle Lauf	2.40	9:10	3:49	3	0:31	10	1:20	22.90	56:55	2:29	19	5:45	265	7:46
Lauf Ziel	2.60	9:56	3:49	3	1:04	15	1:42	25.50	1:06:51	2:37	5	5:25	23	9:28
Lauf 000	5.00	19:06	3:49	3	1:32	14	3:02	25.50	1:06:51	2:37	5	5:25	23	9:28