



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Jede, Christian

000: 1:26:34

00: 281

00: 25.50 km

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

00000/000: 271 (of 353)

00000/0: 221 (of 269)

000000: 57:23

0000:

00000: 13(of 15)

männliche AK 2 (TM 25)

0000000: 1:01:50

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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	12:30	25:00	14	4:00	203	5:31	0.50	12:30	25:00	16	4:00	203	5:31	
Wechsel S -> R	-	4:07	-	14	2:22	244	2:51	0.50	16:37	33:14	16	6:07	268	8:22	
Schwimmen 000	0.50	16:37	33:14	16	6:07	268	8:22	0.50	16:37	33:14	16	6:07	268	8:22	
Kontrolle Rad	6.00	13:40	2:16	13	4:10	239	4:26	6.50	30:17	4:39	16	10:17	268	11:34	
Kontrolle Rad	8.00	16:46	2:05	13	4:19	237	4:59	14.50	47:03	3:14	16	13:20	267	15:28	
Rad Ziel	6.00	11:54	1:59	12	2:56	228	3:21	20.50	58:57	2:52	16	16:16	268	18:18	
Rad 0	20.00	42:20	2:07	1	33:22	1	33:47	20.50	58:57	2:52	16	16:16	268	18:18	
Wechsel R -> L	-	1:42	-	15	1:00	242	1:10	20.50	1:00:39	2:57	16	17:12	268	19:20	
Rad 000	20.00	44:02	2:12	13	11:54	239	13:37	20.50	1:00:39	2:57	16	17:12	268	19:20	
Kontrolle Lauf	2.40	12:42	5:17	10	3:42	175	4:52	22.90	1:13:21	3:12	16	20:51	265	24:12	
Lauf Ziel	2.60	13:13	5:04	10	4:53	162	4:59	25.50	1:26:34	3:23	13	24:44	221	29:11	
Lauf 000	5.00	25:55	5:11	10	8:35	166	9:51	25.50	1:26:34	3:23	13	24:44	221	29:11	