



16. Lorscher Triathlon

Lorsch / 11.08.2019

0000

Sawinski, Roland

000: 1:07:28

00: LSV Ladenburg

00: 357

00: 25.50 km

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

00000/000: 26 (of 353)

00000/0: 26 (of 269)

000000: 57:23

00000: 1(of 13)

0000000: 1:07:28

0000:

Senioren 5 (TM 60)

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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	9:46	19:32	3	0:31	62	2:47	0.50	9:46	19:32	14	0:31	269	2:47
Wechsel S -> R	-	1:54	-	2	0:17	26	0:38	0.50	11:40	23:19	14	0:45	268	3:25
Schwimmen 000	0.50	11:40	23:19	14	0:45	268	3:25	0.50	11:40	23:19	14	0:45	268	3:25
Kontrolle Rad	6.00	10:55	1:49	1	-	46	1:41	6.50	22:35	3:28	14	0:21	268	3:52
Kontrolle Rad	8.00	13:18	1:39	1	-	35	1:31	14.50	35:53	2:28	14	0:05	37	4:18
Rad Ziel	6.00	9:32	1:35	1	-	23	0:59	20.50	45:25	2:12	1	-	268	4:46
Rad 0	20.00	33:45	1:41	1	24:13	1	25:12	20.50	45:25	2:12	1	-	268	4:46
Wechsel R -> L	-	0:47	-	1	-	44	0:15	20.50	46:12	2:15	1	-	268	4:53
Rad 000	20.00	34:32	1:43	1	-	28	4:07	20.50	46:12	2:15	1	-	268	4:53
Kontrolle Lauf	2.40	10:42	4:27	1	-	54	2:52	22.90	56:54	2:29	1	-	265	7:45
Lauf Ziel	2.60	10:34	4:03	1	-	29	2:20	25.50	1:07:28	2:38	1	-	26	10:05
Lauf 000	5.00	21:16	4:15	1	-	40	5:12	25.50	1:07:28	2:38	1	-	26	10:05