



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Bienek, Oliver

000: 1:07:50

00: 336

00: 25.50 km

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

0000:

männliche AK 3 (TM 30)

00000/000: 31 (of 353)

00000/0: 31 (of 269)

000000: 57:23

00000: 7(of 18)

0000000: 1:01:26

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	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	10:20	20:40	8	2:18	94	3:21	0.50	10:20	20:40	19	2:18	269	3:21
Wechsel S -> R	-	2:18	-	10	0:43	71	1:02	0.50	12:38	25:15	19	2:54	268	4:23
Schwimmen 000	0.50	12:38	25:15	19	2:54	268	4:23	0.50	12:38	25:15	19	2:54	268	4:23
Kontrolle Rad	6.00	10:24	1:44	3	1:07	16	1:10	6.50	23:02	3:32	19	3:28	268	4:19
Kontrolle Rad	8.00	13:09	1:38	5	1:22	24	1:22	14.50	36:11	2:29	19	4:25	46	4:36
Rad Ziel	6.00	9:40	1:36	5	1:07	30	1:07	20.50	45:51	2:14	19	5:03	268	5:12
Rad 0	20.00	33:13	1:39	1	24:40	1	24:40	20.50	45:51	2:14	19	5:03	268	5:12
Wechsel R -> L	-	0:44	-	4	0:06	31	0:12	20.50	46:35	2:16	19	5:07	268	5:16
Rad 000	20.00	33:57	1:41	5	3:32	18	3:32	20.50	46:35	2:16	19	5:07	268	5:16
Kontrolle Lauf	2.40	10:10	4:14	7	1:31	34	2:20	22.90	56:45	2:28	19	5:35	265	7:36
Lauf Ziel	2.60	11:05	4:15	7	2:13	48	2:51	25.50	1:07:50	2:39	7	6:24	31	10:27
Lauf 000	5.00	21:15	4:15	7	3:41	39	5:11	25.50	1:07:50	2:39	7	6:24	31	10:27