



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Denig, Frank

000: 1:08:53

00: Tri-Treff Storz

00: 376

00: 25.50 km

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

00000/000: 46 (of 353)

00000/0: 45 (of 269)

000000: 57:23

0000:

00000: 5(of 48)

Senioren 3 (TM 50)

0000000: 1:07:43

0000

0000

000

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	8:50	17:40	4	0:20	23	1:51	0.50	8:50	17:40	49	0:20	269	1:51	
Wechsel S -> R	-	2:31	-	17	0:50	106	1:15	0.50	11:21	22:41	49	0:49	268	3:06	
Schwimmen 000	0.50	11:21	22:41	49	0:49	268	3:06	0.50	11:21	22:41	49	0:49	268	3:06	
Kontrolle Rad	6.00	10:59	1:49	10	0:21	54	1:45	6.50	22:20	3:26	49	1:04	268	3:37	
Kontrolle Rad	8.00	13:29	1:41	11	0:20	56	1:42	14.50	35:49	2:28	49	1:14	36	4:14	
Rad Ziel	6.00	9:45	1:37	3	0:11	37	1:12	20.50	45:34	2:13	49	0:58	268	4:55	
Rad 0	20.00	34:13	1:42	1	24:39	1	25:40	20.50	45:34	2:13	49	0:58	268	4:55	
Wechsel R -> L	-	1:07	-	22	0:33	139	0:35	20.50	46:41	2:16	49	1:19	268	5:22	
Rad 000	20.00	35:20	1:46	8	0:58	51	4:55	20.50	46:41	2:16	49	1:19	268	5:22	
Kontrolle Lauf	2.40	10:54	4:32	9	2:00	67	3:04	22.90	57:35	2:30	5	1:17	265	8:26	
Lauf Ziel	2.60	11:18	4:20	8	2:03	60	3:04	25.50	1:08:53	2:42	5	1:10	45	11:30	
Lauf 000	5.00	22:12	4:26	8	4:03	62	6:08	25.50	1:08:53	2:42	5	1:10	45	11:30	