



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Stegmann, Danny

000: 1:09:10

00: 339

00: 25.50 km

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

0000:

Senioren 1 (TM 40)

00000/000: 49 (of 353)

00000/0: 47 (of 269)

000000: 57:23

00000: 4(of 25)

0000000: 1:03:07

0000

0000

000

| 000            | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000   | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 9:44     | 19:27        | 3       | 1:51    | 58      | 2:45    | 0.50  | 9:44      | 19:27     | 26            | 1:51    | 59      | 2:45    |         |
| Wechsel S -> R | -        | 2:19     | -            | 8       | 0:53    | 74      | 1:03    | 0.50  | 12:03     | 24:06     | 26            | 2:25    | 268     | 3:48    |         |
| Schwimmen 000  | 0.50     | 12:03    | 24:06        | 26      | 2:25    | 268     | 3:48    | 0.50  | 12:03     | 24:06     | 26            | 2:25    | 268     | 3:48    |         |
| Kontrolle Rad  | 6.00     | 10:51    | 1:48         | 3       | 0:27    | 42      | 1:37    | 6.50  | 22:54     | 3:31      | 26            | 2:52    | 268     | 4:11    |         |
| Kontrolle Rad  | 8.00     | 13:13    | 1:39         | 2       | 0:18    | 28      | 1:26    | 14.50 | 36:07     | 2:29      | 26            | 3:10    | 44      | 4:32    |         |
| Rad Ziel       | 6.00     | 9:51     | 1:38         | 4       | 0:21    | 45      | 1:18    | 20.50 | 45:58     | 2:14      | 26            | 3:31    | 268     | 5:19    |         |
| Rad 0          | 20.00    | 33:55    | 1:41         | 1       | 24:25   | 1       | 25:22   | 20.50 | 45:58     | 2:14      | 26            | 3:31    | 268     | 5:19    |         |
| Wechsel R -> L | -        | 1:09     | -            | 10      | 0:32    | 149     | 0:37    | 20.50 | 47:07     | 2:17      | 26            | 3:30    | 268     | 5:48    |         |
| Rad 000        | 20.00    | 35:04    | 1:45         | 3       | 1:05    | 39      | 4:39    | 20.50 | 47:07     | 2:17      | 26            | 3:30    | 268     | 5:48    |         |
| Kontrolle Lauf | 2.40     | 10:48    | 4:30         | 6       | 1:57    | 61      | 2:58    | 22.90 | 57:55     | 2:31      | 25            | 4:51    | 265     | 8:46    |         |
| Lauf Ziel      | 2.60     | 11:15    | 4:19         | 4       | 1:47    | 57      | 3:01    | 25.50 | 1:09:10   | 2:42      | 4             | 6:03    | 47      | 11:47   |         |
| Lauf 000       | 5.00     | 22:03    | 4:24         | 5       | 3:44    | 61      | 5:59    | 25.50 | 1:09:10   | 2:42      | 4             | 6:03    | 47      | 11:47   |         |