



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Kolb, Willi

000: 1:30:10

00: 313

00: 25.50 km

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

00000/000: 301 (of 353)

00000/0: 235 (of 269)

000000: 57:23

0000:

00000: 6(of 8)

Senioren 6 (TM 65)

0000000: 1:13:24

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000	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	12:23	24:45	4	1:52	197	5:24	0.50	12:23	24:45	9	1:52	269	5:24
Wechsel S -> R	-	2:51	-	3	0:44	148	1:35	0.50	15:14	30:27	9	2:36	268	6:59
Schwimmen 000	0.50	15:14	30:27	9	2:36	268	6:59	0.50	15:14	30:27	9	2:36	268	6:59
Kontrolle Rad	6.00	12:49	2:08	5	1:47	219	3:35	6.50	28:03	4:18	9	4:23	268	9:20
Kontrolle Rad	8.00	16:15	2:01	5	2:38	225	4:28	14.50	44:18	3:03	8	7:01	267	12:43
Rad Ziel	6.00	12:20	2:03	7	2:15	244	3:47	20.50	56:38	2:45	9	9:16	268	15:59
Rad 0	20.00	41:24	2:04	1	31:19	1	32:51	20.50	56:38	2:45	9	9:16	268	15:59
Wechsel R -> L	-	1:03	-	2	0:23	116	0:31	20.50	57:41	2:48	9	9:39	268	16:22
Rad 000	20.00	42:27	2:07	6	7:03	227	12:02	20.50	57:41	2:48	9	9:39	268	16:22
Kontrolle Lauf	2.40	15:35	6:29	8	3:16	246	7:45	22.90	1:13:16	3:11	9	12:54	265	24:07
Lauf Ziel	2.60	16:54	6:29	8	3:52	251	8:40	25.50	1:30:10	3:32	6	16:46	235	32:47
Lauf 000	5.00	32:29	6:29	8	7:07	249	16:25	25.50	1:30:10	3:32	6	16:46	235	32:47