



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Jurisch, Thomas

000: 1:30:45

00: Tennisclub Bickenbach (TCB)

00: 311

00: 25.50 km

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

00000/000: 308 (of 353)

00000/0: 240 (of 269)

000000: 57:23

00000: 3(of 3)

0000000: 1:20:09

0000:

männliche Jugend B (TM 14/15)

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<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 13:41    | 27:22        | 3       | 2:00    | 234     | 6:42    | 0.50      | 13:41     | 27:22         | 4       | 2:00    | 269     | 6:42    |
| Wechsel S -> R | -        | 4:13     | -            | 3       | 0:51    | 248     | 2:57    | 0.50      | 17:54     | 35:47         | 4       | 2:28    | 268     | 9:39    |
| Schwimmen 000  | 0.50     | 17:54    | 35:47        | 4       | 2:28    | 268     | 9:39    | 0.50      | 17:54     | 35:47         | 4       | 2:28    | 268     | 9:39    |
| Kontrolle Rad  | 6.00     | 14:27    | 2:24         | 3       | 2:57    | 259     | 5:13    | 6.50      | 32:21     | 4:58          | 4       | 5:00    | 268     | 13:38   |
| Kontrolle Rad  | 8.00     | 18:12    | 2:16         | 3       | 3:31    | 261     | 6:25    | 14.50     | 50:33     | 3:29          | 4       | 8:31    | 267     | 18:58   |
| Rad Ziel       | 6.00     | 13:01    | 2:10         | 3       | 2:34    | 257     | 4:28    | 20.50     | 1:03:34   | 3:06          | 4       | 11:05   | 268     | 22:55   |
| Rad 0          | 20.00    | 45:40    | 2:16         | 1       | 35:13   | 1       | 37:07   | 20.50     | 1:03:34   | 3:06          | 4       | 11:05   | 268     | 22:55   |
| Wechsel R -> L | -        | 0:56     | -            | 2       | 0:24    | 85      | 0:24    | 20.50     | 1:04:30   | 3:08          | 4       | 10:55   | 268     | 23:11   |
| Rad 000        | 20.00    | 46:36    | 2:19         | 3       | 8:52    | 261     | 16:11   | 20.50     | 1:04:30   | 3:08          | 4       | 10:55   | 268     | 23:11   |
| Kontrolle Lauf | 2.40     | 12:18    | 5:07         | 2       | 1:12    | 147     | 4:28    | 22.90     | 1:16:48   | 3:21          | 4       | 10:06   | 265     | 27:39   |
| Lauf Ziel      | 2.60     | 13:57    | 5:21         | 3       | 2:14    | 194     | 5:43    | 25.50     | 1:30:45   | 3:33          | 3       | 10:36   | 240     | 33:22   |
| Lauf 000       | 5.00     | 26:15    | 5:15         | 2       | 3:26    | 180     | 10:11   | 25.50     | 1:30:45   | 3:33          | 3       | 10:36   | 240     | 33:22   |