



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Finn, Michael

000: 1:32:07

00: 295

00: 25.50 km

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

00000/000: 316 (of 353)

00000/0: 245 (of 269)

000000: 57:23

0000:

00000: 53(of 55)

Senioren 2 (TM 45)

0000000: 1:03:12

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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	16:39	33:17	55	8:08	265	9:40	0.50	16:39	33:17	56	8:08	269	9:40	
Wechsel S -> R	-	3:42	-	53	2:05	234	2:26	0.50	20:21	40:42	56	9:45	268	12:06	
Schwimmen 000	0.50	20:21	40:42	56	9:45	268	12:06	0.50	20:21	40:42	56	9:45	268	12:06	
Kontrolle Rad	6.00	12:50	2:08	51	2:51	221	3:36	6.50	33:11	5:06	56	12:06	254	14:28	
Kontrolle Rad	8.00	16:10	2:01	52	3:43	222	4:23	14.50	49:21	3:24	56	15:48	267	17:46	
Rad Ziel	6.00	12:25	2:04	52	3:10	247	3:52	20.50	1:01:46	3:00	56	18:56	268	21:07	
Rad 0	20.00	41:25	2:04	1	32:10	1	32:52	20.50	1:01:46	3:00	56	18:56	268	21:07	
Wechsel R -> L	-	1:02	-	30	0:30	115	0:30	20.50	1:02:48	3:03	56	19:17	268	21:29	
Rad 000	20.00	42:27	2:07	52	9:56	228	12:02	20.50	1:02:48	3:03	56	19:17	268	21:29	
Kontrolle Lauf	2.40	14:30	6:02	50	5:12	231	6:40	22.90	1:17:18	3:22	56	23:57	265	28:09	
Lauf Ziel	2.60	14:49	5:41	50	5:03	221	6:35	25.50	1:32:07	3:36	53	28:55	245	34:44	
Lauf 000	5.00	29:19	5:51	50	10:13	224	13:15	25.50	1:32:07	3:36	53	28:55	245	34:44	