



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Barleben, Benjamin

000: 1:12:23

00: 362

00: 25.50 km

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

00000/000: 80 (of 353)

00000/0: 76 (of 269)

000000: 57:23

0000:

00000: 6(of 25)

Senioren 1 (TM 40)

0000000: 1:03:07

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	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	10:31	21:02	8	2:38	105	3:32	0.50	10:31	21:02	26	2:38	269	3:32
Wechsel S -> R	-	2:22	-	9	0:56	78	1:06	0.50	12:53	25:45	26	3:15	268	4:38
Schwimmen 000	0.50	12:53	25:45	26	3:15	268	4:38	0.50	12:53	25:45	26	3:15	268	4:38
Kontrolle Rad	6.00	11:18	1:53	6	0:54	85	2:04	6.50	24:11	3:43	26	4:09	268	5:28
Kontrolle Rad	8.00	13:51	1:43	6	0:56	87	2:04	14.50	38:02	2:37	26	5:05	89	6:27
Rad Ziel	6.00	10:06	1:41	7	0:36	74	1:33	20.50	48:08	2:20	26	5:41	268	7:29
Rad 0	20.00	35:15	1:45	1	25:45	1	26:42	20.50	48:08	2:20	26	5:41	268	7:29
Wechsel R -> L	-	0:59	-	8	0:22	100	0:27	20.50	49:07	2:23	26	5:30	268	7:48
Rad 000	20.00	36:14	1:48	6	2:15	82	5:49	20.50	49:07	2:23	26	5:30	268	7:48
Kontrolle Lauf	2.40	11:07	4:37	8	2:16	84	3:17	22.90	1:00:14	2:37	25	7:10	265	11:05
Lauf Ziel	2.60	12:09	4:40	10	2:41	104	3:55	25.50	1:12:23	2:50	6	9:16	76	15:00
Lauf 000	5.00	23:16	4:39	10	4:57	96	7:12	25.50	1:12:23	2:50	6	9:16	76	15:00