



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Fey, Michael

000: 1:13:55

00: 370

00: 25.50 km

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

00000/000: 101 (of 353)

00000/0: 96 (of 269)

000000: 57:23

0000:

00000: 13(of 34)

Senioren 4 (TM 55)

0000000: 1:00:22

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	11:47	23:33	24	3:40	177	4:48	0.50	11:47	23:33	34	3:40	269	4:48
Wechsel S -> R	-	2:07	-	6	0:31	47	0:51	0.50	13:54	27:48	20	4:01	268	5:39
Schwimmen 000	0.50	13:54	27:48	20	4:01	268	5:39	0.50	13:54	27:48	20	4:01	268	5:39
Kontrolle Rad	6.00	11:27	1:54	16	1:15	107	2:13	6.50	25:21	3:54	18	5:10	268	6:38
Kontrolle Rad	8.00	14:09	1:46	18	1:50	120	2:22	14.50	39:30	2:43	34	6:42	128	7:55
Rad Ziel	6.00	10:35	1:45	16	1:34	138	2:02	20.50	50:05	2:26	34	8:16	268	9:26
Rad 0	20.00	36:11	1:48	1	27:10	1	27:38	20.50	50:05	2:26	34	8:16	268	9:26
Wechsel R -> L	-	0:45	-	4	0:07	35	0:13	20.50	50:50	2:28	34	8:19	268	9:31
Rad 000	20.00	36:56	1:50	13	4:42	108	6:31	20.50	50:50	2:28	34	8:19	268	9:31
Kontrolle Lauf	2.40	11:21	4:43	10	2:33	97	3:31	22.90	1:02:11	2:42	34	10:52	265	13:02
Lauf Ziel	2.60	11:44	4:30	8	2:41	83	3:30	25.50	1:13:55	2:53	13	13:33	96	16:32
Lauf 000	5.00	23:05	4:36	9	5:14	92	7:01	25.50	1:13:55	2:53	13	13:33	96	16:32