



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Bräutigam, Florian

000: 1:18:55

00: 22

00: 25.50 km

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

00000/000: 187 (of 353)

00000/0: 162 (of 269)

000000: 57:23

0000:

00000: 14(of 25)

Senioren 1 (TM 40)

0000000: 1:03:07

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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	11:44	23:27	18	3:51	175	4:45	0.50	11:44	23:27	18	3:51	269	4:45
Wechsel S -> R	-	3:11	-	18	1:45	196	1:55	0.50	14:55	29:49	19	5:17	268	6:40
Schwimmen 000	0.50	14:55	29:49	19	5:17	268	6:40	0.50	14:55	29:49	19	5:17	268	6:40
Kontrolle Rad	6.00	11:48	1:58	13	1:24	147	2:34	6.50	26:43	4:06	19	6:41	268	8:00
Kontrolle Rad	8.00	14:50	1:51	17	1:55	174	3:03	14.50	41:33	2:51	19	8:36	267	9:58
Rad Ziel	6.00	10:47	1:47	14	1:17	160	2:14	20.50	52:20	2:33	16	9:53	268	11:41
Rad 0	20.00	37:25	1:52	1	27:55	1	28:52	20.50	52:20	2:33	16	9:53	268	11:41
Wechsel R -> L	-	1:38	-	22	1:01	234	1:06	20.50	53:58	2:37	19	10:21	268	12:39
Rad 000	20.00	39:03	1:57	15	5:04	169	8:38	20.50	53:58	2:37	19	10:21	268	12:39
Kontrolle Lauf	2.40	12:05	5:02	12	3:14	137	4:15	22.90	1:06:03	2:53	16	12:59	265	16:54
Lauf Ziel	2.60	12:52	4:56	13	3:24	145	4:38	25.50	1:18:55	3:05	14	15:48	162	21:32
Lauf 000	5.00	24:57	4:59	13	6:38	143	8:53	25.50	1:18:55	3:05	14	15:48	162	21:32