



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Armbruster, Wolfgang

000: 1:34:18

00: 306

00: 25.50 km

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

00000/000: 321 (of 353)

00000/0: 250 (of 269)

000000: 57:23

0000:

00000: 23(of 25)

Senioren 1 (TM 40)

0000000: 1:03:07

0000

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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	14:26	28:52	22	6:33	244	7:27	0.50	14:26	28:52	26	6:33	269	7:27	
Wechsel S -> R	-	4:35	-	23	3:09	254	3:19	0.50	19:01	38:01	26	9:23	268	10:46	
Schwimmen 000	0.50	19:01	38:01	26	9:23	268	10:46	0.50	19:01	38:01	26	9:23	268	10:46	
Kontrolle Rad	6.00	13:58	2:19	24	3:34	252	4:44	6.50	32:59	5:04	26	12:57	268	14:16	
Kontrolle Rad	8.00	16:55	2:06	23	4:00	242	5:08	14.50	49:54	3:26	26	16:57	267	18:19	
Rad Ziel	6.00	12:21	2:03	25	2:51	246	3:48	20.50	1:02:15	3:02	26	19:48	268	21:36	
Rad 0	20.00	43:14	2:09	1	33:44	1	34:41	20.50	1:02:15	3:02	26	19:48	268	21:36	
Wechsel R -> L	-	1:32	-	19	0:55	221	1:00	20.50	1:03:47	3:06	26	20:10	268	22:28	
Rad 000	20.00	44:46	2:14	24	10:47	247	14:21	20.50	1:03:47	3:06	26	20:10	268	22:28	
Kontrolle Lauf	2.40	15:07	6:17	23	6:16	242	7:17	22.90	1:18:54	3:26	25	25:50	265	29:45	
Lauf Ziel	2.60	15:24	5:55	21	5:56	228	7:10	25.50	1:34:18	3:41	23	31:11	250	36:55	
Lauf 000	5.00	30:31	6:06	23	12:12	233	14:27	25.50	1:34:18	3:41	23	31:11	250	36:55	