



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Späth, Alexander

000: 1:15:56

00: SSG Bensheim

00: 360

00: 25.50 km

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

0000:

männliche Jugend A (TM 16/17)

00000/000: 135 (of 353)

00000/0: 122 (of 269)

000000: 57:23

00000: 5(of 5)

0000000: 1:05:25

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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	8:39	17:18	3	1:10	19	1:40	0.50	8:39	17:18	6	1:10	269	1:40
Wechsel S -> R	-	3:44	-	5	2:16	235	2:28	0.50	12:23	24:45	6	2:29	268	4:08
Schwimmen 000	0.50	12:23	24:45	6	2:29	268	4:08	0.50	12:23	24:45	6	2:29	268	4:08
Kontrolle Rad	6.00	12:48	2:07	5	1:58	217	3:34	6.50	25:11	3:52	6	4:27	268	6:28
Kontrolle Rad	8.00	15:34	1:56	5	2:19	209	3:47	14.50	40:45	2:48	6	6:46	152	9:10
Rad Ziel	6.00	11:34	1:55	5	1:52	215	3:01	20.50	52:19	2:33	6	8:38	166	11:40
Rad 0	20.00	39:56	1:59	1	30:14	1	31:23	20.50	52:19	2:33	6	8:38	166	11:40
Wechsel R -> L	-	1:20	-	4	0:36	190	0:48	20.50	53:39	2:37	6	8:32	268	12:20
Rad 000	20.00	41:16	2:03	5	6:03	213	10:51	20.50	53:39	2:37	6	8:32	268	12:20
Kontrolle Lauf	2.40	10:37	4:25	5	1:32	49	2:47	22.90	1:04:16	2:48	6	9:18	265	15:07
Lauf Ziel	2.60	11:40	4:29	5	2:00	76	3:26	25.50	1:15:56	2:58	5	10:31	122	18:33
Lauf 000	5.00	22:17	4:27	5	3:32	66	6:13	25.50	1:15:56	2:58	5	10:31	122	18:33