



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Hofmeier, Thomas

000: 1:15:57

00: 373

00: 25.50 km

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

00000/000: 136 (of 353)

00000/0: 123 (of 269)

000000: 57:23

0000:

00000: 18(of 48)

Senioren 3 (TM 50)

0000000: 1:07:43

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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	11:11	22:22	24	2:41	144	4:12	0.50	11:11	22:22	49	2:41	269	4:12	
Wechsel S -> R	-	2:16	-	9	0:35	68	1:00	0.50	13:27	26:53	49	2:55	268	5:12	
Schwimmen 000	0.50	13:27	26:53	49	2:55	268	5:12	0.50	13:27	26:53	49	2:55	268	5:12	
Kontrolle Rad	6.00	12:05	2:00	33	1:27	174	2:51	6.50	25:32	3:55	49	4:16	139	6:49	
Kontrolle Rad	8.00	14:47	1:50	33	1:38	169	3:00	14.50	40:19	2:46	49	5:44	142	8:44	
Rad Ziel	6.00	10:31	1:45	23	0:57	133	1:58	20.50	50:50	2:28	49	6:14	268	10:11	
Rad 0	20.00	37:23	1:52	1	27:49	1	28:50	20.50	50:50	2:28	49	6:14	268	10:11	
Wechsel R -> L	-	1:17	-	32	0:43	179	0:45	20.50	52:07	2:32	49	6:45	268	10:48	
Rad 000	20.00	38:40	1:55	30	4:18	161	8:15	20.50	52:07	2:32	49	6:45	268	10:48	
Kontrolle Lauf	2.40	11:38	4:50	18	2:44	112	3:48	22.90	1:03:45	2:47	48	7:27	265	14:36	
Lauf Ziel	2.60	12:12	4:41	16	2:57	109	3:58	25.50	1:15:57	2:58	18	8:14	123	18:34	
Lauf 000	5.00	23:50	4:46	17	5:41	114	7:46	25.50	1:15:57	2:58	18	8:14	123	18:34	