



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Hinkel, Kai

000: 1:17:29

00: 348

00: 25.50 km

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

00000/000: 159 (of 353)

00000/0: 140 (of 269)

000000: 57:23

0000:

00000: 15(of 27)

männliche AK 4 (TM 35)

0000000: 59:10

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	12:04	24:07	19	4:23	187	5:05	0.50	12:04	24:07	28	4:23	187	5:05
Wechsel S -> R	-	2:43	-	18	1:13	135	1:27	0.50	14:47	29:33	28	4:52	268	6:32
Schwimmen 000	0.50	14:47	29:33	28	4:52	268	6:32	0.50	14:47	29:33	28	4:52	268	6:32
Kontrolle Rad	6.00	11:33	1:55	13	2:19	123	2:19	6.50	26:20	4:03	16	7:06	268	7:37
Kontrolle Rad	8.00	14:06	1:45	13	1:45	115	2:19	14.50	40:26	2:47	15	8:51	146	8:51
Rad Ziel	6.00	10:19	1:43	12	1:04	105	1:46	20.50	50:45	2:28	16	9:55	139	10:06
Rad 0	20.00	35:58	1:47	1	26:43	1	27:25	20.50	50:45	2:28	16	9:55	139	10:06
Wechsel R -> L	-	1:17	-	20	0:35	179	0:45	20.50	52:02	2:32	15	10:02	268	10:43
Rad 000	20.00	37:15	1:51	13	5:15	122	6:50	20.50	52:02	2:32	15	10:02	268	10:43
Kontrolle Lauf	2.40	12:16	5:06	17	3:05	144	4:26	22.90	1:04:18	2:48	14	7:42	265	15:09
Lauf Ziel	2.60	13:11	5:04	18	3:42	161	4:57	25.50	1:17:29	3:02	15	18:19	140	20:06
Lauf 000	5.00	25:27	5:05	19	8:17	156	9:23	25.50	1:17:29	3:02	15	18:19	140	20:06