



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Kripp, Reiner

000: 1:18:57

00: Pain and Gain

00: 24

00: 25.50 km

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

00000/000: 189 (of 353)

00000/0: 164 (of 269)

000000: 57:23

0000:

00000: 32(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	9:56	19:52	14	1:26	71	2:57	0.50	9:56	19:52	14	1:26	72	2:57	
Wechsel S -> R	-	2:40	-	22	0:59	127	1:24	0.50	12:36	25:11	49	2:04	268	4:21	
Schwimmen 000	0.50	12:36	25:11	49	2:04	268	4:21	0.50	12:36	25:11	49	2:04	268	4:21	
Kontrolle Rad	6.00	11:06	1:50	12	0:28	64	1:52	6.50	23:42	3:38	49	2:26	268	4:59	
Kontrolle Rad	8.00	13:41	1:42	14	0:32	73	1:54	14.50	37:23	2:34	49	2:48	267	5:48	
Rad Ziel	6.00	9:49	1:38	4	0:15	41	1:16	20.50	47:12	2:18	49	2:36	268	6:33	
Rad 0	20.00	34:36	1:43	1	25:02	1	26:03	20.50	47:12	2:18	49	2:36	268	6:33	
Wechsel R -> L	-	1:13	-	26	0:39	161	0:41	20.50	48:25	2:21	49	3:03	268	7:06	
Rad 000	20.00	35:49	1:47	13	1:27	67	5:24	20.50	48:25	2:21	49	3:03	268	7:06	
Kontrolle Lauf	2.40	14:47	6:09	41	5:53	233	6:57	22.90	1:03:12	2:45	48	6:54	265	14:03	
Lauf Ziel	2.60	15:45	6:03	41	6:30	232	7:31	25.50	1:18:57	3:05	32	11:14	164	21:34	
Lauf 000	5.00	30:32	6:06	41	12:23	234	14:28	25.50	1:18:57	3:05	32	11:14	164	21:34	