



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Lindemann, Gregor

000: 1:18:56

00: 326

00: 25.50 km

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

00000/000: 188 (of 353)

00000/0: 163 (of 269)

000000: 57:23

0000:

00000: 39(of 55)

Senioren 2 (TM 45)

0000000: 1:03:12

0000

0000

000

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	11:15	22:30	29	2:44	146	4:16	0.50	11:15	22:30	56	2:44	269	4:16	
Wechsel S -> R	-	3:01	-	40	1:24	172	1:45	0.50	14:16	28:32	56	3:40	268	6:01	
Schwimmen 000	0.50	14:16	28:32	56	3:40	268	6:01	0.50	14:16	28:32	56	3:40	268	6:01	
Kontrolle Rad	6.00	11:57	1:59	37	1:58	158	2:43	6.50	26:13	4:01	56	5:08	268	7:30	
Kontrolle Rad	8.00	14:45	1:50	37	2:18	164	2:58	14.50	40:58	2:49	56	7:25	158	9:23	
Rad Ziel	6.00	10:35	1:45	33	1:20	138	2:02	20.50	51:33	2:30	56	8:43	268	10:54	
Rad 0	20.00	37:17	1:51	1	28:02	1	28:44	20.50	51:33	2:30	56	8:43	268	10:54	
Wechsel R -> L	-	1:37	-	51	1:05	231	1:05	20.50	53:10	2:35	56	9:39	268	11:51	
Rad 000	20.00	38:54	1:56	38	6:23	167	8:29	20.50	53:10	2:35	56	9:39	268	11:51	
Kontrolle Lauf	2.40	12:57	5:23	45	3:39	187	5:07	22.90	1:06:07	2:53	56	12:46	265	16:58	
Lauf Ziel	2.60	12:49	4:55	35	3:03	144	4:35	25.50	1:18:56	3:05	39	15:44	163	21:33	
Lauf 000	5.00	25:46	5:09	38	6:40	163	9:42	25.50	1:18:56	3:05	39	15:44	163	21:33	