



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Willems, Johan

000: 1:19:52

00: 340

00: 25.50 km

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

00000/000: 201 (of 353)

00000/0: 172 (of 269)

000000: 57:23

0000:

00000: 21(of 34)

Senioren 4 (TM 55)

0000000: 1:00:22

0000

0000

000

| 000            | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000   | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 11:56    | 23:52        | 25      | 3:49    | 182     | 4:57    | 0.50  | 11:56     | 23:52     | 34            | 3:49    | 269     | 4:57    |         |
| Wechsel S -> R | -        | 3:30     | -            | 24      | 1:54    | 220     | 2:14    | 0.50  | 15:26     | 30:52     | 27            | 5:33    | 199     | 7:11    |         |
| Schwimmen 000  | 0.50     | 15:26    | 30:52        | 27      | 5:33    | 199     | 7:11    | 0.50  | 15:26     | 30:52     | 27            | 5:33    | 199     | 7:11    |         |
| Kontrolle Rad  | 6.00     | 12:14    | 2:02         | 22      | 2:02    | 183     | 3:00    | 6.50  | 27:40     | 4:15      | 25            | 7:29    | 268     | 8:57    |         |
| Kontrolle Rad  | 8.00     | 15:19    | 1:54         | 22      | 3:00    | 192     | 3:32    | 14.50 | 42:59     | 2:57      | 34            | 10:11   | 196     | 11:24   |         |
| Rad Ziel       | 6.00     | 11:07    | 1:51         | 22      | 2:06    | 183     | 2:34    | 20.50 | 54:06     | 2:38      | 34            | 12:17   | 268     | 13:27   |         |
| Rad 0          | 20.00    | 38:40    | 1:55         | 1       | 29:39   | 1       | 30:07   | 20.50 | 54:06     | 2:38      | 34            | 12:17   | 268     | 13:27   |         |
| Wechsel R -> L | -        | 1:37     | -            | 26      | 0:59    | 231     | 1:05    | 20.50 | 55:43     | 2:43      | 34            | 13:12   | 268     | 14:24   |         |
| Rad 000        | 20.00    | 40:17    | 2:00         | 23      | 8:03    | 197     | 9:52    | 20.50 | 55:43     | 2:43      | 34            | 13:12   | 268     | 14:24   |         |
| Kontrolle Lauf | 2.40     | 11:43    | 4:52         | 15      | 2:55    | 117     | 3:53    | 22.90 | 1:07:26   | 2:56      | 34            | 16:07   | 265     | 18:17   |         |
| Lauf Ziel      | 2.60     | 12:26    | 4:46         | 13      | 3:23    | 121     | 4:12    | 25.50 | 1:19:52   | 3:07      | 21            | 19:30   | 172     | 22:29   |         |
| Lauf 000       | 5.00     | 24:09    | 4:49         | 13      | 6:18    | 122     | 8:05    | 25.50 | 1:19:52   | 3:07      | 21            | 19:30   | 172     | 22:29   |         |