



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Wolff, Kai

000: 1:21:46

00: 366

00: 25.50 km

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

00000/000: 227 (of 353)

00000/0: 190 (of 269)

000000: 57:23

0000:

00000: 45(of 55)

Senioren 2 (TM 45)

0000000: 1:03:12

0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	12:39	25:18	44	4:08	207	5:40	0.50	12:39	25:18	56	4:08	269	5:40
Wechsel S -> R	-	3:04	-	42	1:27	177	1:48	0.50	15:43	31:26	56	5:07	268	7:28
Schwimmen 000	0.50	15:43	31:26	56	5:07	268	7:28	0.50	15:43	31:26	56	5:07	268	7:28
Kontrolle Rad	6.00	11:57	1:59	37	1:58	158	2:43	6.50	27:40	4:15	56	6:35	268	8:57
Kontrolle Rad	8.00	15:08	1:53	43	2:41	185	3:21	14.50	42:48	2:57	56	9:15	193	11:13
Rad Ziel	6.00	10:58	1:49	42	1:43	173	2:25	20.50	53:46	2:37	56	10:56	191	13:07
Rad 0	20.00	38:03	1:54	1	28:48	1	29:30	20.50	53:46	2:37	56	10:56	191	13:07
Wechsel R -> L	-	1:16	-	41	0:44	176	0:44	20.50	55:02	2:41	56	11:31	268	13:43
Rad 000	20.00	39:19	1:57	42	6:48	176	8:54	20.50	55:02	2:41	56	11:31	268	13:43
Kontrolle Lauf	2.40	12:50	5:20	44	3:32	182	5:00	22.90	1:07:52	2:57	56	14:31	265	18:43
Lauf Ziel	2.60	13:54	5:20	47	4:08	191	5:40	25.50	1:21:46	3:12	45	18:34	190	24:23
Lauf 000	5.00	26:44	5:20	45	7:38	190	10:40	25.50	1:21:46	3:12	45	18:34	190	24:23