



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

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Foitzik, Timo

000: 1:24:18

00: LCI Speyer

00: 353

00: 25.50 km

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

00000/000: 248 (of 353)

00000/0: 207 (of 269)

000000: 57:23

0000:

00000: 10(of 15)

männliche AK 2 (TM 25)

0000000: 1:01:50

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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  | 10:11 | 20:22  | 9  | 1:41  | 85  | 3:12  | 0.50  | 10:11   | 20:22  | 9  | 1:41  | 269 | 3:12  |
| Wechsel S -> R | -     | 3:36  | -      | 12 | 1:51  | 228 | 2:20  | 0.50  | 13:47   | 27:33  | 10 | 3:17  | 268 | 5:32  |
| Schwimmen 000  | 0.50  | 13:47 | 27:33  | 10 | 3:17  | 268 | 5:32  | 0.50  | 13:47   | 27:33  | 10 | 3:17  | 268 | 5:32  |
| Kontrolle Rad  | 6.00  | 13:58 | 2:19   | 14 | 4:28  | 252 | 4:44  | 6.50  | 27:45   | 4:16   | 11 | 7:45  | 268 | 9:02  |
| Kontrolle Rad  | 8.00  | 17:13 | 2:09   | 14 | 4:46  | 252 | 5:26  | 14.50 | 44:58   | 3:06   | 16 | 11:15 | 214 | 13:23 |
| Rad Ziel       | 6.00  | 12:18 | 2:03   | 14 | 3:20  | 243 | 3:45  | 20.50 | 57:16   | 2:47   | 16 | 14:35 | 268 | 16:37 |
| Rad 0          | 20.00 | 43:29 | 2:10   | 1  | 34:31 | 1   | 34:56 | 20.50 | 57:16   | 2:47   | 16 | 14:35 | 268 | 16:37 |
| Wechsel R -> L | -     | 0:48  | -      | 4  | 0:06  | 48  | 0:16  | 20.50 | 58:04   | 2:49   | 16 | 14:37 | 268 | 16:45 |
| Rad 000        | 20.00 | 44:17 | 2:12   | 14 | 12:09 | 244 | 13:52 | 20.50 | 58:04   | 2:49   | 16 | 14:37 | 268 | 16:45 |
| Kontrolle Lauf | 2.40  | 12:52 | 5:21   | 11 | 3:52  | 184 | 5:02  | 22.90 | 1:10:56 | 3:05   | 16 | 18:26 | 265 | 21:47 |
| Lauf Ziel      | 2.60  | 13:22 | 5:08   | 11 | 5:02  | 171 | 5:08  | 25.50 | 1:24:18 | 3:18   | 10 | 22:28 | 207 | 26:55 |
| Lauf 000       | 5.00  | 26:14 | 5:14   | 11 | 8:54  | 179 | 10:10 | 25.50 | 1:24:18 | 3:18   | 10 | 22:28 | 207 | 26:55 |