



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Russ, Tom

000: 1:24:29

00: 343

00: 25.50 km

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

0000:

männliche AK 2 (TM 25)

00000/000: 256 (of 353)

00000/0: 212 (of 269)

000000: 57:23

00000: 11(of 15)

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	9:04	18:07	4	0:34	31	2:05	0.50	9:04	18:07	4	0:34	269	2:05
Wechsel S -> R	-	14:57	-	15	13:12	267	13:41	0.50	24:01	48:01	15	13:31	268	15:46
Schwimmen 000	0.50	24:01	48:01	15	13:31	268	15:46	0.50	24:01	48:01	15	13:31	268	15:46
Kontrolle Rad	6.00	11:40	1:56	8	2:10	136	2:26	6.50	35:41	5:29	15	15:41	268	16:58
Kontrolle Rad	8.00	14:07	1:45	6	1:40	117	2:20	14.50	49:48	3:26	16	16:05	250	18:13
Rad Ziel	6.00	10:39	1:46	8	1:41	153	2:06	20.50	1:00:27	2:56	16	17:46	268	19:48
Rad 0	20.00	36:26	1:49	1	27:28	1	27:53	20.50	1:00:27	2:56	16	17:46	268	19:48
Wechsel R -> L	-	1:01	-	7	0:19	108	0:29	20.50	1:01:28	2:59	16	18:01	268	20:09
Rad 000	20.00	37:27	1:52	8	5:19	126	7:02	20.50	1:01:28	2:59	16	18:01	268	20:09
Kontrolle Lauf	2.40	10:41	4:27	4	1:41	53	2:51	22.90	1:12:09	3:09	16	19:39	265	23:00
Lauf Ziel	2.60	12:20	4:44	8	4:00	116	4:06	25.50	1:24:29	3:18	11	22:39	212	27:06
Lauf 000	5.00	23:01	4:36	5	5:41	85	6:57	25.50	1:24:29	3:18	11	22:39	212	27:06