



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Berndt, Eric

000: 1:24:35

00: 329

00: 25.50 km

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

00000/000: 257 (of 353)

00000/0: 214 (of 269)

000000: 57:23

0000:

00000: 50(of 55)

Senioren 2 (TM 45)

0000000: 1:03:12

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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	14:22	28:44	53	5:51	243	7:23	0.50	14:22	28:44	56	5:51	269	7:23
Wechsel S -> R	-	3:00	-	38	1:23	168	1:44	0.50	17:22	34:44	56	6:46	268	9:07
Schwimmen 000	0.50	17:22	34:44	56	6:46	268	9:07	0.50	17:22	34:44	56	6:46	268	9:07
Kontrolle Rad	6.00	12:39	2:06	50	2:40	207	3:25	6.50	30:01	4:37	56	8:56	268	11:18
Kontrolle Rad	8.00	15:43	1:57	50	3:16	214	3:56	14.50	45:44	3:09	56	12:11	225	14:09
Rad Ziel	6.00	11:09	1:51	45	1:54	186	2:36	20.50	56:53	2:46	56	14:03	268	16:14
Rad 0	20.00	39:31	1:58	1	30:16	1	30:58	20.50	56:53	2:46	56	14:03	268	16:14
Wechsel R -> L	-	1:34	-	50	1:02	226	1:02	20.50	58:27	2:51	56	14:56	268	17:08
Rad 000	20.00	41:05	2:03	50	8:34	211	10:40	20.50	58:27	2:51	56	14:56	268	17:08
Kontrolle Lauf	2.40	12:33	5:13	39	3:15	169	4:43	22.90	1:11:00	3:06	56	17:39	265	21:51
Lauf Ziel	2.60	13:35	5:13	44	3:49	181	5:21	25.50	1:24:35	3:19	50	21:23	214	27:12
Lauf 000	5.00	26:08	5:13	43	7:02	178	10:04	25.50	1:24:35	3:19	50	21:23	214	27:12