



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Walter, Martin

000: 1:26:14

00: 331

00: 25.50 km

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

0000:

männliche AK 2 (TM 25)

00000/000: 269 (of 353)

00000/0: 218 (of 269)

000000: 57:23

00000: 12(of 15)

0000000: 1:01:50

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:53	21:45	11	2:23	128	3:54	0.50	10:53	21:45	11	2:23	269	3:54	
Wechsel S -> R	-	3:04	-	10	1:19	177	1:48	0.50	13:57	27:53	11	3:27	268	5:42	
Schwimmen 000	0.50	13:57	27:53	11	3:27	268	5:42	0.50	13:57	27:53	11	3:27	268	5:42	
Kontrolle Rad	6.00	12:46	2:07	11	3:16	215	3:32	6.50	26:43	4:06	10	6:43	268	8:00	
Kontrolle Rad	8.00	15:45	1:58	11	3:18	216	3:58	14.50	42:28	2:55	16	8:45	188	10:53	
Rad Ziel	6.00	11:20	1:53	11	2:22	199	2:47	20.50	53:48	2:37	16	11:07	268	13:09	
Rad 0	20.00	39:51	1:59	1	30:53	1	31:18	20.50	53:48	2:37	16	11:07	268	13:09	
Wechsel R -> L	-	0:54	-	5	0:12	75	0:22	20.50	54:42	2:40	16	11:15	268	13:23	
Rad 000	20.00	40:45	2:02	11	8:37	206	10:20	20.50	54:42	2:40	16	11:15	268	13:23	
Kontrolle Lauf	2.40	14:56	6:13	15	5:56	240	7:06	22.90	1:09:38	3:02	16	17:08	265	20:29	
Lauf Ziel	2.60	16:36	6:23	14	8:16	245	8:22	25.50	1:26:14	3:22	12	24:24	218	28:51	
Lauf 000	5.00	31:32	6:18	15	14:12	243	15:28	25.50	1:26:14	3:22	12	24:24	218	28:51	