



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

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Karb, Karl Heinz

000: 1:19:48

00: Schwimmclub Poseidon Worms

00: 39

00: 25.50 km

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

0000:

Senioren 7 (TM 70)

00000/000: 199 (of 353)

00000/0: 171 (of 269)

000000: 57:23

00000: 2(of 5)

0000000: 1:18:25

0000

0000

000

| 000            | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 12:50    | 25:40        | 1       | -       | 213     | 5:51    | 0.50      | 12:50     | 25:40         | 1       | -       | 269     | 5:51    |
| Wechsel S -> R | -        | 3:07     | -            | 2       | 0:28    | 186     | 1:51    | 0.50      | 15:57     | 31:53         | 1       | -       | 268     | 7:42    |
| Schwimmen 000  | 0.50     | 15:57    | 31:53        | 1       | -       | 268     | 7:42    | 0.50      | 15:57     | 31:53         | 1       | -       | 268     | 7:42    |
| Kontrolle Rad  | 6.00     | 11:28    | 1:54         | 2       | 0:20    | 110     | 2:14    | 6.50      | 27:25     | 4:13          | 6       | 0:05    | 268     | 8:42    |
| Kontrolle Rad  | 8.00     | 14:04    | 1:45         | 1       | -       | 112     | 2:17    | 14.50     | 41:29     | 2:51          | 1       | -       | 267     | 9:54    |
| Rad Ziel       | 6.00     | 10:26    | 1:44         | 2       | 0:02    | 121     | 1:53    | 20.50     | 51:55     | 2:31          | 1       | -       | 268     | 11:16   |
| Rad 0          | 20.00    | 35:58    | 1:47         | 1       | 25:34   | 1       | 27:25   | 20.50     | 51:55     | 2:31          | 1       | -       | 268     | 11:16   |
| Wechsel R -> L | -        | 0:50     | -            | 1       | -       | 61      | 0:18    | 20.50     | 52:45     | 2:34          | 1       | -       | 268     | 11:26   |
| Rad 000        | 20.00    | 36:48    | 1:50         | 1       | -       | 102     | 6:23    | 20.50     | 52:45     | 2:34          | 1       | -       | 268     | 11:26   |
| Kontrolle Lauf | 2.40     | 13:10    | 5:29         | 2       | 0:52    | 195     | 5:20    | 22.90     | 1:05:55   | 2:52          | 6       | 0:06    | 265     | 16:46   |
| Lauf Ziel      | 2.60     | 13:53    | 5:20         | 2       | 1:17    | 190     | 5:39    | 25.50     | 1:19:48   | 3:07          | 2       | 1:23    | 171     | 22:25   |
| Lauf 000       | 5.00     | 27:03    | 5:24         | 2       | 2:09    | 195     | 10:59   | 25.50     | 1:19:48   | 3:07          | 2       | 1:23    | 171     | 22:25   |