



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Schwalm, Boris

000: 1:09:24

00: 421

00: 25.50 km

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

00000/000: 51 (of 353)

00000/0: 49 (of 269)

000000: 57:23

0000:

00000: 12(of 55)

Senioren 2 (TM 45)

0000000: 1:03:12

0000

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000

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	10:16	20:32	17	1:45	89	3:17	0.50	10:16	20:32	56	1:45	269	3:17
Wechsel S -> R	-	2:07	-	9	0:30	47	0:51	0.50	12:23	24:45	56	1:47	268	4:08
Schwimmen 000	0.50	12:23	24:45	56	1:47	268	4:08	0.50	12:23	24:45	56	1:47	268	4:08
Kontrolle Rad	6.00	10:58	1:49	13	0:59	51	1:44	6.50	23:21	3:35	56	2:16	268	4:38
Kontrolle Rad	8.00	13:25	1:40	13	0:58	47	1:38	14.50	36:46	2:32	56	3:13	267	5:11
Rad Ziel	6.00	10:10	1:41	18	0:55	88	1:37	20.50	46:56	2:17	56	4:06	268	6:17
Rad 0	20.00	34:33	1:43	1	25:18	1	26:00	20.50	46:56	2:17	56	4:06	268	6:17
Wechsel R -> L	-	1:00	-	26	0:28	104	0:28	20.50	47:56	2:20	56	4:25	268	6:37
Rad 000	20.00	35:33	1:46	14	3:02	58	5:08	20.50	47:56	2:20	56	4:25	268	6:37
Kontrolle Lauf	2.40	10:28	4:21	10	1:10	43	2:38	22.90	58:24	2:33	56	5:03	265	9:15
Lauf Ziel	2.60	11:00	4:13	11	1:14	42	2:46	25.50	1:09:24	2:43	12	6:12	49	12:01
Lauf 000	5.00	21:28	4:17	11	2:22	46	5:24	25.50	1:09:24	2:43	12	6:12	49	12:01