



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Magin, Sven

000: 1:29:56

00: 350

00: 25.50 km

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

00000/000: 297 (of 353)

00000/0: 232 (of 269)

000000: 57:23

0000:

00000: 21(of 25)

Senioren 1 (TM 40)

0000000: 1:03:07

0000

0000

000

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	14:43	29:26	23	6:50	248	7:44	0.50	14:43	29:26	26	6:50	269	7:44	
Wechsel S -> R	-	4:09	-	22	2:43	246	2:53	0.50	18:52	37:44	26	9:14	268	10:37	
Schwimmen 000	0.50	18:52	37:44	26	9:14	268	10:37	0.50	18:52	37:44	26	9:14	268	10:37	
Kontrolle Rad	6.00	14:31	2:25	25	4:07	261	5:17	6.50	33:23	5:08	26	13:21	268	14:40	
Kontrolle Rad	8.00	17:22	2:10	25	4:27	253	5:35	14.50	50:45	3:30	26	17:48	256	19:10	
Rad Ziel	6.00	12:04	2:00	24	2:34	232	3:31	20.50	1:02:49	3:03	26	20:22	268	22:10	
Rad 0	20.00	43:57	2:11	1	34:27	1	35:24	20.50	1:02:49	3:03	26	20:22	268	22:10	
Wechsel R -> L	-	1:07	-	9	0:30	139	0:35	20.50	1:03:56	3:07	26	20:19	268	22:37	
Rad 000	20.00	45:04	2:15	25	11:05	252	14:39	20.50	1:03:56	3:07	26	20:19	268	22:37	
Kontrolle Lauf	2.40	12:20	5:08	15	3:29	153	4:30	22.90	1:16:16	3:19	25	23:12	265	27:07	
Lauf Ziel	2.60	13:40	5:15	16	4:12	183	5:26	25.50	1:29:56	3:31	21	26:49	232	32:33	
Lauf 000	5.00	26:00	5:12	16	7:41	173	9:56	25.50	1:29:56	3:31	21	26:49	232	32:33	