



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Brutscher, Sascha

000: 1:11:05

00: 417

00: 25.50 km

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

0000:

männliche AK 4 (TM 35)

00000/000: 71 (of 353)

00000/0: 68 (of 269)

000000: 57:23

00000: 9(of 27)

0000000: 59:10

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0000

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	8:58	17:56	3	1:17	27	1:59	0.50	8:58	17:56	28	1:17	269	1:59
Wechsel S -> R	-	2:31	-	10	1:01	106	1:15	0.50	11:29	22:57	28	1:34	268	3:14
Schwimmen 000	0.50	11:29	22:57	28	1:34	268	3:14	0.50	11:29	22:57	28	1:34	268	3:14
Kontrolle Rad	6.00	11:26	1:54	11	2:12	105	2:12	6.50	22:55	3:31	28	3:41	268	4:12
Kontrolle Rad	8.00	14:00	1:45	11	1:39	103	2:13	14.50	36:55	2:32	28	5:20	267	5:20
Rad Ziel	6.00	10:15	1:42	9	1:00	95	1:42	20.50	47:10	2:18	28	6:20	268	6:31
Rad 0	20.00	35:41	1:47	1	26:26	1	27:08	20.50	47:10	2:18	28	6:20	268	6:31
Wechsel R -> L	-	1:03	-	12	0:21	116	0:31	20.50	48:13	2:21	28	6:13	268	6:54
Rad 000	20.00	36:44	1:50	10	4:44	97	6:19	20.50	48:13	2:21	28	6:13	268	6:54
Kontrolle Lauf	2.40	11:06	4:37	13	1:55	81	3:16	22.90	59:19	2:35	27	2:43	265	10:10
Lauf Ziel	2.60	11:46	4:31	14	2:17	85	3:32	25.50	1:11:05	2:47	9	11:55	68	13:42
Lauf 000	5.00	22:52	4:34	14	5:42	82	6:48	25.50	1:11:05	2:47	9	11:55	68	13:42