



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Bohn, Boris

000: 1:12:34

00: 430

00: 25.50 km

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

00000/000: 84 (of 353)

00000/0: 80 (of 269)

000000: 57:23

0000:

00000: 18(of 55)

Senioren 2 (TM 45)

0000000: 1:03:12

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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	9:48	19:36	11	1:17	64	2:49	0.50	9:48	19:36	56	1:17	269	2:49
Wechsel S -> R	-	2:33	-	28	0:56	110	1:17	0.50	12:21	24:41	56	1:45	268	4:06
Schwimmen 000	0.50	12:21	24:41	56	1:45	268	4:06	0.50	12:21	24:41	56	1:45	268	4:06
Kontrolle Rad	6.00	10:59	1:49	15	1:00	54	1:45	6.50	23:20	3:35	56	2:15	268	4:37
Kontrolle Rad	8.00	13:26	1:40	14	0:59	50	1:39	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	34:35	1:43	1	25:20	1	26:02	20.50	46:56	2:17	56	4:06	268	6:17
Wechsel R -> L	-	1:22	-	45	0:50	195	0:50	20.50	48:18	2:21	56	4:47	66	6:59
Rad 000	20.00	35:57	1:47	16	3:26	70	5:32	20.50	48:18	2:21	56	4:47	66	6:59
Kontrolle Lauf	2.40	11:40	4:51	22	2:22	113	3:50	22.90	59:58	2:37	56	6:37	265	10:49
Lauf Ziel	2.60	12:36	4:50	30	2:50	131	4:22	25.50	1:12:34	2:50	18	9:22	80	15:11
Lauf 000	5.00	24:16	4:51	27	5:10	126	8:12	25.50	1:12:34	2:50	18	9:22	80	15:11