



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Mees, Dr. Claus

000: 1:13:36

00: Tri-Treff Storz

00: 440

00: 25.50 km

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

00000/000: 98 (of 353)

00000/0: 93 (of 269)

000000: 57:23

0000:

00000: 3(of 13)

Senioren 5 (TM 60)

0000000: 1:07:28

0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	13:16	26:32	8	4:01	224	6:17	0.50	13:16	26:32	14	4:01	269	6:17
Wechsel S -> R	-	1:54	-	2	0:17	26	0:38	0.50	15:10	30:19	14	4:15	188	6:55
Schwimmen 000	0.50	15:10	30:19	14	4:15	188	6:55	0.50	15:10	30:19	14	4:15	188	6:55
Kontrolle Rad	6.00	10:57	1:49	2	0:02	49	1:43	6.50	26:07	4:01	14	3:53	268	7:24
Kontrolle Rad	8.00	13:27	1:40	2	0:09	52	1:40	14.50	39:34	2:43	14	3:46	267	7:59
Rad Ziel	6.00	10:04	1:40	2	0:32	69	1:31	20.50	49:38	2:25	14	4:13	268	8:59
Rad 0	20.00	34:28	1:43	1	24:56	1	25:55	20.50	49:38	2:25	14	4:13	268	8:59
Wechsel R -> L	-	0:50	-	2	0:03	61	0:18	20.50	50:28	2:27	14	4:16	268	9:09
Rad 000	20.00	35:18	1:45	2	0:46	50	4:53	20.50	50:28	2:27	14	4:16	268	9:09
Kontrolle Lauf	2.40	10:47	4:29	2	0:05	60	2:57	22.90	1:01:15	2:40	14	4:21	265	12:06
Lauf Ziel	2.60	12:21	4:45	5	1:47	118	4:07	25.50	1:13:36	2:53	3	6:08	93	16:13
Lauf 000	5.00	23:08	4:37	3	1:52	93	7:04	25.50	1:13:36	2:53	3	6:08	93	16:13