



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Krumb, Florian

000: 1:20:00

00: 4

00: 25.50 km

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

00000/000: 203 (of 353)

00000/0: 173 (of 269)

000000: 57:23

0000:

00000: 40(of 55)

Senioren 2 (TM 45)

0000000: 1:03:12

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	12:28	24:56	43	3:57	199	5:29	0.50	12:28	24:56	43	3:57	269	5:29	
Wechsel S -> R	-	3:32	-	52	1:55	222	2:16	0.50	16:00	32:00	48	5:24	268	7:45	
Schwimmen 000	0.50	16:00	32:00	48	5:24	268	7:45	0.50	16:00	32:00	48	5:24	268	7:45	
Kontrolle Rad	6.00	12:31	2:05	48	2:32	201	3:17	6.50	28:31	4:23	56	7:26	268	9:48	
Kontrolle Rad	8.00	15:14	1:54	44	2:47	190	3:27	14.50	43:45	3:01	56	10:12	267	12:10	
Rad Ziel	6.00	11:01	1:50	43	1:46	176	2:28	20.50	54:46	2:40	56	11:56	268	14:07	
Rad 0	20.00	38:46	1:56	1	29:31	1	30:13	20.50	54:46	2:40	56	11:56	268	14:07	
Wechsel R -> L	-	1:38	-	52	1:06	234	1:06	20.50	56:24	2:45	56	12:53	268	15:05	
Rad 000	20.00	40:24	2:01	48	7:53	201	9:59	20.50	56:24	2:45	56	12:53	268	15:05	
Kontrolle Lauf	2.40	11:59	4:59	28	2:41	132	4:09	22.90	1:08:23	2:59	56	15:02	265	19:14	
Lauf Ziel	2.60	11:37	4:28	18	1:51	73	3:23	25.50	1:20:00	3:08	40	16:48	173	22:37	
Lauf 000	5.00	23:36	4:43	21	4:30	105	7:32	25.50	1:20:00	3:08	40	16:48	173	22:37	