



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Klein, Georg

000: 1:25:16

00: www.clown-cappellino.de

00: 429

00: 25.50 km

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

00000/000: 263 (of 353)

00000/0: 216 (of 269)

000000: 57:23

0000:

00000: 40(of 48)

Senioren 3 (TM 50)

0000000: 1:07:43

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000

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	16:28	32:55	47	7:58	264	9:29	0.50	16:28	32:55	49	7:58	269	9:29
Wechsel S -> R	-	3:15	-	38	1:34	200	1:59	0.50	19:43	39:25	49	9:11	268	11:28
Schwimmen 000	0.50	19:43	39:25	49	9:11	268	11:28	0.50	19:43	39:25	49	9:11	268	11:28
Kontrolle Rad	6.00	12:17	2:02	37	1:39	187	3:03	6.50	32:00	4:55	49	10:44	268	13:17
Kontrolle Rad	8.00	15:25	1:55	39	2:16	197	3:38	14.50	47:25	3:16	49	12:50	267	15:50
Rad Ziel	6.00	11:37	1:56	42	2:03	216	3:04	20.50	59:02	2:52	49	14:26	268	18:23
Rad 0	20.00	39:19	1:57	1	29:45	1	30:46	20.50	59:02	2:52	49	14:26	268	18:23
Wechsel R -> L	-	2:33	-	48	1:59	265	2:01	20.50	1:01:35	3:00	49	16:13	268	20:16
Rad 000	20.00	41:52	2:05	41	7:30	222	11:27	20.50	1:01:35	3:00	49	16:13	268	20:16
Kontrolle Lauf	2.40	11:17	4:42	14	2:23	93	3:27	22.90	1:12:52	3:10	48	16:34	265	23:43
Lauf Ziel	2.60	12:24	4:46	18	3:09	120	4:10	25.50	1:25:16	3:20	40	17:33	216	27:53
Lauf 000	5.00	23:41	4:44	15	5:32	108	7:37	25.50	1:25:16	3:20	40	17:33	216	27:53