



16. Lorsch Triathlon

Lorsch / 11.08.2019

Oppel, Bernhard

Prooptik Schwetzingen

422

25.50 km

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

Senioren 3 (TM 50)

1:26:54

273 (of 353)

222 (of 269)

57:23

41(of 48)

1:07:43

km

min/km

km

km	min/km	-	-	km	min/km	-	-	km	min/km	-	-	km	min/km	-	-
Schwimmen nett	0.50	14:37	29:14	43	6:07	246	7:38	0.50	14:37	29:14	49	6:07	269	7:38	
Wechsel S -> R	-	3:07	-	36	1:26	186	1:51	0.50	17:44	35:28	49	7:12	268	9:29	
Schwimmen	0.50	17:44	35:28	49	7:12	268	9:29	0.50	17:44	35:28	49	7:12	268	9:29	
Kontrolle Rad	6.00	13:20	2:13	43	2:42	233	4:06	6.50	31:04	4:46	49	9:48	268	12:21	
Kontrolle Rad	8.00	16:32	2:04	43	3:23	233	4:45	14.50	47:36	3:16	49	13:01	267	16:01	
Rad Ziel	6.00	11:40	1:56	43	2:06	218	3:07	20.50	59:16	2:53	49	14:40	268	18:37	
Rad	20.00	41:32	2:04	1	31:58	1	32:59	20.50	59:16	2:53	49	14:40	268	18:37	
Wechsel R -> L	-	2:26	-	47	1:52	263	1:54	20.50	1:01:42	3:00	49	16:20	268	20:23	
Rad	20.00	43:58	2:11	45	9:36	237	13:33	20.50	1:01:42	3:00	49	16:20	268	20:23	
Kontrolle Lauf	2.40	12:05	5:02	26	3:11	137	4:15	22.90	1:13:47	3:13	48	17:29	265	24:38	
Lauf Ziel	2.60	13:07	5:02	29	3:52	158	4:53	25.50	1:26:54	3:24	41	19:11	222	29:31	
Lauf	5.00	25:12	5:02	26	7:03	150	9:08	25.50	1:26:54	3:24	41	19:11	222	29:31	