



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Kratofil, Tobias

000: 1:14:58

00: 330

00: 25.50 km

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

00000/000: 118 (of 353)

00000/0: 109 (of 269)

000000: 57:23

0000:

männliche AK 2 (TM 25)

00000: 7(of 15)

0000000: 1:01:50

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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	10:00	20:00	8	1:30	76	3:01	0.50	10:00	20:00	8	1:30	269	3:01
Wechsel S -> R	-	3:00	-	9	1:15	168	1:44	0.50	13:00	26:00	7	2:30	268	4:45
Schwimmen 000	0.50	13:00	26:00	7	2:30	268	4:45	0.50	13:00	26:00	7	2:30	268	4:45
Kontrolle Rad	6.00	11:30	1:55	7	2:00	115	2:16	6.50	24:30	3:46	8	4:30	268	5:47
Kontrolle Rad	8.00	13:50	1:43	4	1:23	86	2:03	14.50	38:20	2:38	16	4:37	96	6:45
Rad Ziel	6.00	10:30	1:45	7	1:32	129	1:57	20.50	48:50	2:22	16	6:09	268	8:11
Rad 0	20.00	35:50	1:47	1	26:52	1	27:17	20.50	48:50	2:22	16	6:09	268	8:11
Wechsel R -> L	-	1:10	-	10	0:28	152	0:38	20.50	50:00	2:26	16	6:33	268	8:41
Rad 000	20.00	37:00	1:51	6	4:52	111	6:35	20.50	50:00	2:26	16	6:33	268	8:41
Kontrolle Lauf	2.40	12:00	5:00	9	3:00	133	4:10	22.90	1:02:00	2:42	16	9:30	265	12:51
Lauf Ziel	2.60	12:58	4:59	9	4:38	148	4:44	25.50	1:14:58	2:56	7	13:08	109	17:35
Lauf 000	5.00	24:58	4:59	9	7:38	145	8:54	25.50	1:14:58	2:56	7	13:08	109	17:35