



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Theobald, Oliver

000: 1:20:53

00: 33

00: 25.50 km

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

0000:

männliche AK 4 (TM 35)

00000/000: 219 (of 353)

00000/0: 185 (of 269)

000000: 57:23

00000: 22(of 27)

0000000: 59:10

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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	11:42	23:23	18	4:01	174	4:43	0.50	11:42	23:23	28	4:01	269	4:43
Wechsel S -> R	-	2:36	-	12	1:06	117	1:20	0.50	14:18	28:36	28	4:23	268	6:03
Schwimmen 000	0.50	14:18	28:36	28	4:23	268	6:03	0.50	14:18	28:36	28	4:23	268	6:03
Kontrolle Rad	6.00	12:30	2:05	18	3:16	200	3:16	6.50	26:48	4:07	28	7:34	268	8:05
Kontrolle Rad	8.00	15:02	1:52	19	2:41	181	3:15	14.50	41:50	2:53	28	10:15	267	10:15
Rad Ziel	6.00	11:05	1:50	18	1:50	177	2:32	20.50	52:55	2:34	28	12:05	268	12:16
Rad 0	20.00	38:37	1:55	1	29:22	1	30:04	20.50	52:55	2:34	28	12:05	268	12:16
Wechsel R -> L	-	1:29	-	24	0:47	215	0:57	20.50	54:24	2:39	28	12:24	268	13:05
Rad 000	20.00	40:06	2:00	20	8:06	194	9:41	20.50	54:24	2:39	28	12:24	268	13:05
Kontrolle Lauf	2.40	13:10	5:29	23	3:59	195	5:20	22.90	1:07:34	2:57	27	10:58	265	18:25
Lauf Ziel	2.60	13:19	5:07	19	3:50	168	5:05	25.50	1:20:53	3:10	22	21:43	185	23:30
Lauf 000	5.00	26:29	5:17	22	9:19	184	10:25	25.50	1:20:53	3:10	22	21:43	185	23:30