



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Hagmaier, Dirk

000: 1:21:21

00: 45

00: 25.50 km

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

00000/000: 225 (of 353)

00000/0: 189 (of 269)

000000: 57:23

0000:

00000: 44(of 55)

Senioren 2 (TM 45)

0000000: 1:03:12

0000

0000

000

	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	10:14	20:27	15	1:43	86	3:15	0.50	10:14	20:27	15	1:43	88	3:15
Wechsel S -> R	-	3:18	-	47	1:41	205	2:02	0.50	13:32	27:03	24	2:56	268	5:17
Schwimmen 000	0.50	13:32	27:03	24	2:56	268	5:17	0.50	13:32	27:03	24	2:56	268	5:17
Kontrolle Rad	6.00	12:26	2:04	46	2:27	197	3:12	6.50	25:58	3:59	56	4:53	150	7:15
Kontrolle Rad	8.00	15:35	1:56	49	3:08	210	3:48	14.50	41:33	2:51	56	8:00	267	9:58
Rad Ziel	6.00	10:57	1:49	41	1:42	171	2:24	20.50	52:30	2:33	56	9:40	268	11:51
Rad 0	20.00	38:58	1:56	1	29:43	1	30:25	20.50	52:30	2:33	56	9:40	268	11:51
Wechsel R -> L	-	0:50	-	15	0:18	61	0:18	20.50	53:20	2:36	56	9:49	268	12:01
Rad 000	20.00	39:48	1:59	45	7:17	186	9:23	20.50	53:20	2:36	56	9:49	268	12:01
Kontrolle Lauf	2.40	14:10	5:54	49	4:52	222	6:20	22.90	1:07:30	2:56	56	14:09	265	18:21
Lauf Ziel	2.60	13:51	5:19	45	4:05	188	5:37	25.50	1:21:21	3:11	44	18:09	189	23:58
Lauf 000	5.00	28:01	5:36	48	8:55	211	11:57	25.50	1:21:21	3:11	44	18:09	189	23:58