



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Rau, Dominik

000: 1:22:29

00: CEM's Triathlonfreunde

00: 14

00: 25.50 km

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

00000/000: 230 (of 353)

00000/0: 192 (of 269)

000000: 57:23

0000:

00000: 17(of 25)

Senioren 1 (TM 40)

0000000: 1:03:07

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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	10:08	20:15	6	2:15	83	3:09	0.50	10:08	20:15	6	2:15	269	3:09
Wechsel S -> R	-	2:38	-	11	1:12	121	1:22	0.50	12:46	25:32	7	3:08	268	4:31
Schwimmen 000	0.50	12:46	25:32	7	3:08	268	4:31	0.50	12:46	25:32	7	3:08	268	4:31
Kontrolle Rad	6.00	12:25	2:04	22	2:01	196	3:11	6.50	25:11	3:52	10	5:09	268	6:28
Kontrolle Rad	8.00	15:10	1:53	20	2:15	188	3:23	14.50	40:21	2:46	12	7:24	267	8:46
Rad Ziel	6.00	10:51	1:48	15	1:21	166	2:18	20.50	51:12	2:29	14	8:45	268	10:33
Rad 0	20.00	38:26	1:55	1	28:56	1	29:53	20.50	51:12	2:29	14	8:45	268	10:33
Wechsel R -> L	-	1:27	-	17	0:50	209	0:55	20.50	52:39	2:34	14	9:02	268	11:20
Rad 000	20.00	39:53	1:59	18	5:54	189	9:28	20.50	52:39	2:34	14	9:02	268	11:20
Kontrolle Lauf	2.40	14:53	6:12	22	6:02	237	7:03	22.90	1:07:32	2:56	18	14:28	265	18:23
Lauf Ziel	2.60	14:57	5:44	20	5:29	223	6:43	25.50	1:22:29	3:14	17	19:22	192	25:06
Lauf 000	5.00	29:50	5:58	21	11:31	231	13:46	25.50	1:22:29	3:14	17	19:22	192	25:06