



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Elstermann Von Elster, Max

000: 1:01:56

00: Mannheim

00: 8

00: 25.50 km

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

0000:

männliche AK 2 (TM 25)

00000/000: 6 (of 353)

00000/0: 6 (of 269)

000000: 57:23

00000: 2(of 15)

0000000: 1:01:50

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0000

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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	9:21	18:41	6	0:51	45	2:22	0.50	9:21	18:41	16	0:51	269	2:22
Wechsel S -> R	-	1:58	-	4	0:13	33	0:42	0.50	11:19	22:37	16	0:49	268	3:04
Schwimmen 000	0.50	11:19	22:37	16	0:49	268	3:04	0.50	11:19	22:37	16	0:49	268	3:04
Kontrolle Rad	6.00	9:57	1:39	2	0:27	6	0:43	6.50	21:16	3:16	16	1:16	268	2:33
Kontrolle Rad	8.00	12:27	1:33	1	-	6	0:40	14.50	33:43	2:19	1	-	12	2:08
Rad Ziel	6.00	8:58	1:29	1	-	2	0:25	20.50	42:41	2:04	1	-	268	2:02
Rad 0	20.00	31:22	1:34	1	22:24	1	22:49	20.50	42:41	2:04	1	-	268	2:02
Wechsel R -> L	-	0:46	-	3	0:04	37	0:14	20.50	43:27	2:07	1	-	268	2:08
Rad 000	20.00	32:08	1:36	1	-	5	1:43	20.50	43:27	2:07	1	-	268	2:08
Kontrolle Lauf	2.40	9:03	3:46	2	0:03	8	1:13	22.90	52:30	2:17	1	-	265	3:21
Lauf Ziel	2.60	9:26	3:37	2	1:06	7	1:12	25.50	1:01:56	2:25	2	0:06	6	4:33
Lauf 000	5.00	18:29	3:41	2	1:09	9	2:25	25.50	1:01:56	2:25	2	0:06	6	4:33