



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Schott, Marco

000: 1:23:24

00: 41

00: 25.50 km

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

0000:

männliche AK 3 (TM 30)

00000/000: 239 (of 353)

00000/0: 198 (of 269)

000000: 57:23

00000: 17(of 18)

0000000: 1:01:26

0000

0000

000

| 000            | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000   | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 13:06    | 26:11        | 18      | 5:04    | 220     | 6:07    | 0.50  | 13:06     | 26:11     | 18            | 5:04    | 269     | 6:07    |         |
| Wechsel S -> R | -        | 2:56     | -            | 15      | 1:21    | 162     | 1:40    | 0.50  | 16:02     | 32:04     | 18            | 6:18    | 268     | 7:47    |         |
| Schwimmen 000  | 0.50     | 16:02    | 32:04        | 18      | 6:18    | 268     | 7:47    | 0.50  | 16:02     | 32:04     | 18            | 6:18    | 268     | 7:47    |         |
| Kontrolle Rad  | 6.00     | 12:32    | 2:05         | 17      | 3:15    | 202     | 3:18    | 6.50  | 28:34     | 4:23      | 18            | 9:00    | 268     | 9:51    |         |
| Kontrolle Rad  | 8.00     | 15:39    | 1:57         | 17      | 3:52    | 212     | 3:52    | 14.50 | 44:13     | 3:02      | 18            | 12:27   | 267     | 12:38   |         |
| Rad Ziel       | 6.00     | 11:17    | 1:52         | 17      | 2:44    | 196     | 2:44    | 20.50 | 55:30     | 2:42      | 18            | 14:42   | 268     | 14:51   |         |
| Rad 0          | 20.00    | 39:28    | 1:58         | 1       | 30:55   | 1       | 30:55   | 20.50 | 55:30     | 2:42      | 18            | 14:42   | 268     | 14:51   |         |
| Wechsel R -> L | -        | 1:11     | -            | 15      | 0:33    | 157     | 0:39    | 20.50 | 56:41     | 2:45      | 18            | 15:13   | 268     | 15:22   |         |
| Rad 000        | 20.00    | 40:39    | 2:01         | 17      | 10:14   | 204     | 10:14   | 20.50 | 56:41     | 2:45      | 18            | 15:13   | 268     | 15:22   |         |
| Kontrolle Lauf | 2.40     | 12:42    | 5:17         | 15      | 4:03    | 175     | 4:52    | 22.90 | 1:09:23   | 3:01      | 17            | 18:13   | 265     | 20:14   |         |
| Lauf Ziel      | 2.60     | 14:01    | 5:23         | 16      | 5:09    | 195     | 5:47    | 25.50 | 1:23:24   | 3:16      | 17            | 21:58   | 198     | 26:01   |         |
| Lauf 000       | 5.00     | 26:43    | 5:20         | 16      | 9:09    | 189     | 10:39   | 25.50 | 1:23:24   | 3:16      | 17            | 21:58   | 198     | 26:01   |         |