



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Garcia Delgado, Maximo

000: 1:23:45

00: SG Poseidon Eppelheim

00: 47

00: 25.50 km

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

00000/000: 245 (of 353)

00000/0: 204 (of 269)

000000: 57:23

0000:

00000: 20(of 25)

Senioren 1 (TM 40)

0000000: 1:03:07

0000

0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	11:04	22:07	14	3:11	138	4:05	0.50	11:04	22:07	14	3:11	269	4:05	
Wechsel S -> R	-	3:56	-	21	2:30	239	2:40	0.50	15:00	30:00	20	5:22	268	6:45	
Schwimmen 000	0.50	15:00	30:00	20	5:22	268	6:45	0.50	15:00	30:00	20	5:22	268	6:45	
Kontrolle Rad	6.00	13:42	2:16	23	3:18	241	4:28	6.50	28:42	4:24	21	8:40	268	9:59	
Kontrolle Rad	8.00	16:55	2:06	23	4:00	242	5:08	14.50	45:37	3:08	21	12:40	267	14:02	
Rad Ziel	6.00	12:01	2:00	23	2:31	230	3:28	20.50	57:38	2:48	21	15:11	268	16:59	
Rad 0	20.00	42:38	2:07	1	33:08	1	34:05	20.50	57:38	2:48	21	15:11	268	16:59	
Wechsel R -> L	-	1:15	-	12	0:38	172	0:43	20.50	58:53	2:52	21	15:16	268	17:34	
Rad 000	20.00	43:53	2:11	23	9:54	235	13:28	20.50	58:53	2:52	21	15:16	268	17:34	
Kontrolle Lauf	2.40	12:10	5:04	14	3:19	141	4:20	22.90	1:11:03	3:06	20	17:59	265	21:54	
Lauf Ziel	2.60	12:42	4:53	12	3:14	138	4:28	25.50	1:23:45	3:17	20	20:38	204	26:22	
Lauf 000	5.00	24:52	4:58	12	6:33	140	8:48	25.50	1:23:45	3:17	20	20:38	204	26:22	