



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Tamkan, Cem Joachim

000: 1:30:46

00: CEM's Triathlonfreunde

00: 11

00: 25.50 km

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

00000/000: 309 (of 353)

00000/0: 241 (of 269)

000000: 57:23

0000:

00000: 43(of 48)

Senioren 3 (TM 50)

0000000: 1:07:43

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	12:17	24:33	32	3:47	195	5:18	0.50	12:17	24:33	32	3:47	269	5:18
Wechsel S -> R	-	3:05	-	35	1:24	182	1:49	0.50	15:22	30:44	49	4:50	268	7:07
Schwimmen 000	0.50	15:22	30:44	49	4:50	268	7:07	0.50	15:22	30:44	49	4:50	268	7:07
Kontrolle Rad	6.00	13:27	2:14	45	2:49	235	4:13	6.50	28:49	4:26	49	7:33	268	10:06
Kontrolle Rad	8.00	16:23	2:02	42	3:14	229	4:36	14.50	45:12	3:07	49	10:37	267	13:37
Rad Ziel	6.00	12:14	2:02	45	2:40	239	3:41	20.50	57:26	2:48	49	12:50	268	16:47
Rad 0	20.00	42:04	2:06	1	32:30	1	33:31	20.50	57:26	2:48	49	12:50	268	16:47
Wechsel R -> L	-	1:26	-	35	0:52	205	0:54	20.50	58:52	2:52	49	13:30	268	17:33
Rad 000	20.00	43:30	2:10	43	9:08	234	13:05	20.50	58:52	2:52	49	13:30	268	17:33
Kontrolle Lauf	2.40	15:40	6:31	44	6:46	247	7:50	22.90	1:14:32	3:15	48	18:14	265	25:23
Lauf Ziel	2.60	16:14	6:14	42	6:59	239	8:00	25.50	1:30:46	3:33	43	23:03	241	33:23
Lauf 000	5.00	31:54	6:22	43	13:45	246	15:50	25.50	1:30:46	3:33	43	23:03	241	33:23