



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Werr, Günther

000: 1:31:48

00: 37

00: 25.50 km

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

00000/000: 314 (of 353)

00000/0: 244 (of 269)

000000: 57:23

0000:

00000: 30(of 34)

Senioren 4 (TM 55)

0000000: 1:00:22

0000

0000

000

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	12:53	25:45	27	4:46	214	5:54	0.50	12:53	25:45	34	4:46	269	5:54	
Wechsel S -> R	-	3:53	-	29	2:17	237	2:37	0.50	16:46	33:31	34	6:53	268	8:31	
Schwimmen 000	0.50	16:46	33:31	34	6:53	268	8:31	0.50	16:46	33:31	34	6:53	268	8:31	
Kontrolle Rad	6.00	14:08	2:21	32	3:56	255	4:54	6.50	30:54	4:45	34	10:43	268	12:11	
Kontrolle Rad	8.00	16:31	2:03	29	4:12	232	4:44	14.50	47:25	3:16	30	14:37	267	15:50	
Rad Ziel	6.00	12:35	2:05	30	3:34	250	4:02	20.50	1:00:00	2:55	30	18:11	268	19:21	
Rad 0	20.00	43:14	2:09	1	34:13	1	34:41	20.50	1:00:00	2:55	30	18:11	268	19:21	
Wechsel R -> L	-	2:02	-	31	1:24	259	1:30	20.50	1:02:02	3:01	30	19:31	268	20:43	
Rad 000	20.00	45:16	2:15	32	13:02	254	14:51	20.50	1:02:02	3:01	30	19:31	268	20:43	
Kontrolle Lauf	2.40	14:29	6:02	27	5:41	229	6:39	22.90	1:16:31	3:20	31	25:12	243	27:22	
Lauf Ziel	2.60	15:17	5:52	26	6:14	227	7:03	25.50	1:31:48	3:36	30	31:26	244	34:25	
Lauf 000	5.00	29:46	5:57	27	11:55	230	13:42	25.50	1:31:48	3:36	30	31:26	244	34:25	