



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Rheude, Thorsten

000: 1:03:07

00: 40

00: 25.50 km

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

00000/000: 9 (of 353)

00000/0: 9 (of 269)

000000: 57:23

0000:

00000: 1(of 25)

Senioren 1 (TM 40)

0000000: 1:03:07

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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	7:53	15:46	1	-	4	0:54	0.50	7:53	15:46	1	-	269	0:54
Wechsel S -> R	-	1:45	-	2	0:19	16	0:29	0.50	9:38	19:15	1	-	268	1:23
Schwimmen 000	0.50	9:38	19:15	1	-	268	1:23	0.50	9:38	19:15	1	-	268	1:23
Kontrolle Rad	6.00	10:24	1:44	1	-	16	1:10	6.50	20:02	3:04	1	-	268	1:19
Kontrolle Rad	8.00	12:55	1:36	1	-	17	1:08	14.50	32:57	2:16	1	-	267	1:22
Rad Ziel	6.00	9:30	1:34	1	-	18	0:57	20.50	42:27	2:04	1	-	268	1:48
Rad 0	20.00	32:49	1:38	1	23:19	1	24:16	20.50	42:27	2:04	1	-	268	1:48
Wechsel R -> L	-	1:10	-	11	0:33	152	0:38	20.50	43:37	2:07	1	-	268	2:18
Rad 000	20.00	33:59	1:41	1	-	20	3:34	20.50	43:37	2:07	1	-	268	2:18
Kontrolle Lauf	2.40	9:27	3:56	2	0:36	14	1:37	22.90	53:04	2:19	1	-	265	3:55
Lauf Ziel	2.60	10:03	3:51	2	0:35	17	1:49	25.50	1:03:07	2:28	1	-	9	5:44
Lauf 000	5.00	19:30	3:53	2	1:11	17	3:26	25.50	1:03:07	2:28	1	-	9	5:44