



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Dobrzinsky, Manfred

000: 1:33:50

00: TuS Eversten

00: 46

00: 25.50 km

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

00000/000: 319 (of 353)

00000/0: 248 (of 269)

000000: 57:23

0000:

00000: 8(of 8)

Senioren 6 (TM 65)

0000000: 1:13:24

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	14:31	29:02	7	4:00	245	7:32	0.50	14:31	29:02	7	4:00	269	7:32	
Wechsel S -> R	-	5:08	-	8	3:01	264	3:52	0.50	19:39	39:17	8	7:01	268	11:24	
Schwimmen 000	0.50	19:39	39:17	8	7:01	268	11:24	0.50	19:39	39:17	8	7:01	268	11:24	
Kontrolle Rad	6.00	13:48	2:18	7	2:46	244	4:34	6.50	33:27	5:08	8	9:47	268	14:44	
Kontrolle Rad	8.00	16:56	2:07	6	3:19	244	5:09	14.50	50:23	3:28	7	13:06	267	18:48	
Rad Ziel	6.00	11:50	1:58	5	1:45	225	3:17	20.50	1:02:13	3:02	8	14:51	268	21:34	
Rad 0	20.00	42:34	2:07	1	32:29	1	34:01	20.50	1:02:13	3:02	8	14:51	268	21:34	
Wechsel R -> L	-	2:16	-	8	1:36	262	1:44	20.50	1:04:29	3:08	8	16:27	268	23:10	
Rad 000	20.00	44:50	2:14	8	9:26	248	14:25	20.50	1:04:29	3:08	8	16:27	268	23:10	
Kontrolle Lauf	2.40	14:48	6:10	7	2:29	234	6:58	22.90	1:19:17	3:27	8	18:55	265	30:08	
Lauf Ziel	2.60	14:33	5:35	6	1:31	212	6:19	25.50	1:33:50	3:40	8	20:26	248	36:27	
Lauf 000	5.00	29:21	5:52	7	3:59	226	13:17	25.50	1:33:50	3:40	8	20:26	248	36:27	