



16. Lorscher Triathlon

Lorsch / 11.08.2019

0000

Ludwig, Franz

000: 1:16:52

00: 87

00: 25.50 km

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

0000:

weibliche AK 2 (TW 25)

00000/000: 147 (of 353)

00000/0: 15 (of 84)

000000: 1:08:36

00000: 4(of 9)

0000000: 1:09:10

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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	9:50	19:40	3	0:35	9	0:38	0.50	9:50	19:40	3	0:35	9	0:38	
Wechsel S -> R	-	2:11	-	3	0:09	13	0:32	0.50	12:01	24:02	10	0:35	7	0:53	
Schwimmen 000	0.50	12:01	24:02	10	0:35	7	0:53	0.50	12:01	24:02	10	0:35	7	0:53	
Kontrolle Rad	6.00	12:28	2:04	5	0:55	30	1:39	6.50	24:29	3:46	3	1:27	12	2:32	
Kontrolle Rad	8.00	14:51	1:51	5	0:39	17	1:19	14.50	39:20	2:42	3	2:06	15	3:50	
Rad Ziel	6.00	11:11	1:51	5	0:49	29	1:06	20.50	50:31	2:27	5	2:51	18	4:53	
Rad 0	20.00	38:30	1:55	1	28:08	1	28:25	20.50	50:31	2:27	5	2:51	18	4:53	
Wechsel R -> L	-	1:03	-	5	0:24	36	0:28	20.50	51:34	2:30	5	3:06	18	5:07	
Rad 000	20.00	39:33	1:58	6	2:34	26	4:14	20.50	51:34	2:30	5	3:06	18	5:07	
Kontrolle Lauf	2.40	12:32	5:13	6	2:25	26	2:37	22.90	1:04:06	2:47	4	5:31	18	6:49	
Lauf Ziel	2.60	12:46	4:54	5	2:11	20	2:11	25.50	1:16:52	3:00	4	7:42	15	8:16	
Lauf 000	5.00	25:18	5:03	5	4:36	22	4:36	25.50	1:16:52	3:00	4	7:42	15	8:16	