



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Graser, Florian

000: 1:04:44

00: 129

00: 25.50 km

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

0000:

männliche AK 3 (TM 30)

00000/000: 16 (of 353)

00000/0: 16 (of 269)

000000: 57:23

00000: 4(of 18)

0000000: 1:01:26

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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	10:06	20:11	6	2:04	79	3:07	0.50	10:06	20:11	19	2:04	80	3:07	
Wechsel S -> R	-	1:39	-	2	0:04	12	0:23	0.50	11:45	23:30	19	2:01	268	3:30	
Schwimmen 000	0.50	11:45	23:30	19	2:01	268	3:30	0.50	11:45	23:30	19	2:01	268	3:30	
Kontrolle Rad	6.00	11:03	1:50	8	1:46	60	1:49	6.50	22:48	3:30	19	3:14	268	4:05	
Kontrolle Rad	8.00	13:37	1:42	9	1:50	65	1:50	14.50	36:25	2:30	19	4:39	267	4:50	
Rad Ziel	6.00	9:51	1:38	7	1:18	45	1:18	20.50	46:16	2:15	19	5:28	268	5:37	
Rad 0	20.00	34:31	1:43	1	25:58	1	25:58	20.50	46:16	2:15	19	5:28	268	5:37	
Wechsel R -> L	-	0:54	-	9	0:16	75	0:22	20.50	47:10	2:18	19	5:42	268	5:51	
Rad 000	20.00	35:25	1:46	8	5:00	54	5:00	20.50	47:10	2:18	19	5:42	268	5:51	
Kontrolle Lauf	2.40	8:39	3:36	1	-	2	0:49	22.90	55:49	2:26	19	4:39	265	6:40	
Lauf Ziel	2.60	8:55	3:25	2	0:03	4	0:41	25.50	1:04:44	2:32	4	3:18	16	7:21	
Lauf 000	5.00	17:34	3:30	1	-	4	1:30	25.50	1:04:44	2:32	4	3:18	16	7:21	