



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Weirich, Ting

000: 1:25:40

00: 89

00: 25.50 km

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

0000:

Seniorinnen 2 TW 45)

00000/000: 265 (of 353)

00000/0: 48 (of 84)

000000: 1:08:36

00000: 10(of 20)

0000000: 1:08:36

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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	14:26	28:52	16	5:07	76	5:14	0.50	14:26	28:52	16	5:07	76	5:14	
Wechsel S -> R	-	3:17	-	13	1:28	58	1:38	0.50	17:43	35:25	16	6:35	76	6:35	
Schwimmen 000	0.50	17:43	35:25	16	6:35	76	6:35	0.50	17:43	35:25	16	6:35	76	6:35	
Kontrolle Rad	6.00	12:55	2:09	12	2:06	46	2:06	6.50	30:38	4:42	15	8:41	71	8:41	
Kontrolle Rad	8.00	15:22	1:55	7	1:49	31	1:50	14.50	46:00	3:10	13	10:30	62	10:30	
Rad Ziel	6.00	11:21	1:53	7	1:13	34	1:16	20.50	57:21	2:47	12	11:43	53	11:43	
Rad 0	20.00	39:38	1:58	1	29:30	1	29:33	20.50	57:21	2:47	12	11:43	53	11:43	
Wechsel R -> L	-	0:44	-	1	-	5	0:09	20.50	58:05	2:50	12	11:38	50	11:38	
Rad 000	20.00	40:22	2:01	8	5:03	33	5:03	20.50	58:05	2:50	12	11:38	50	11:38	
Kontrolle Lauf	2.40	13:53	5:47	13	3:58	52	3:58	22.90	1:11:58	3:08	10	14:41	51	14:41	
Lauf Ziel	2.60	13:42	5:16	8	2:53	37	3:07	25.50	1:25:40	3:21	10	17:04	48	17:04	
Lauf 000	5.00	27:35	5:30	10	6:51	44	6:53	25.50	1:25:40	3:21	10	17:04	48	17:04	