



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Roth, Michael

000: 1:09:00

00: 9

00: 25.50 km

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

00000/000: 47 (of 353)

00000/0: 46 (of 269)

000000: 57:23

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00000: 4(of 34)

Senioren 4 (TM 55)

0000000: 1:00:22

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	9:14	18:27	5	1:07	38	2:15	0.50	9:14	18:27	34	1:07	269	2:15
Wechsel S -> R	-	2:03	-	4	0:27	38	0:47	0.50	11:17	22:33	34	1:24	268	3:02
Schwimmen 000	0.50	11:17	22:33	34	1:24	268	3:02	0.50	11:17	22:33	34	1:24	268	3:02
Kontrolle Rad	6.00	11:24	1:54	14	1:12	100	2:10	6.50	22:41	3:29	34	2:30	268	3:58
Kontrolle Rad	8.00	14:05	1:45	15	1:46	113	2:18	14.50	36:46	2:32	5	3:58	267	5:11
Rad Ziel	6.00	10:06	1:41	9	1:05	74	1:33	20.50	46:52	2:17	5	5:03	58	6:13
Rad 0	20.00	35:35	1:46	1	26:34	1	27:02	20.50	46:52	2:17	5	5:03	58	6:13
Wechsel R -> L	-	0:58	-	12	0:20	94	0:26	20.50	47:50	2:20	5	5:19	268	6:31
Rad 000	20.00	36:33	1:49	11	4:19	90	6:08	20.50	47:50	2:20	5	5:19	268	6:31
Kontrolle Lauf	2.40	10:37	4:25	5	1:49	49	2:47	22.90	58:27	2:33	5	7:08	265	9:18
Lauf Ziel	2.60	10:33	4:03	2	1:30	28	2:19	25.50	1:09:00	2:42	4	8:38	46	11:37
Lauf 000	5.00	21:10	4:14	3	3:19	35	5:06	25.50	1:09:00	2:42	4	8:38	46	11:37