



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Haarstark, Sigurd

000: 1:47:53

00: RLT Rodgau

00: 48

00: 25.50 km

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

0000:

Senioren 5 (TM 60)

00000/000: 344 (of 353)

00000/0: 265 (of 269)

000000: 57:23

00000: 13(of 13)

0000000: 1:07:28

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	15:52	31:44	12	6:37	260	8:53	0.50	15:52	31:44	14	6:37	269	8:53	
Wechsel S -> R	-	4:48	-	12	3:11	258	3:32	0.50	20:40	41:20	14	9:45	268	12:25	
Schwimmen 000	0.50	20:40	41:20	14	9:45	268	12:25	0.50	20:40	41:20	14	9:45	268	12:25	
Kontrolle Rad	6.00	16:07	2:41	13	5:12	266	6:53	6.50	36:47	5:39	14	14:33	268	18:04	
Kontrolle Rad	8.00	19:38	2:27	13	6:20	264	7:51	14.50	56:25	3:53	14	20:37	267	24:50	
Rad Ziel	6.00	13:40	2:16	12	4:08	262	5:07	20.50	1:10:05	3:25	14	24:40	132	29:26	
Rad 0	20.00	49:25	2:28	1	39:53	1	40:52	20.50	1:10:05	3:25	14	24:40	132	29:26	
Wechsel R -> L	-	1:10	-	4	0:23	152	0:38	20.50	1:11:15	3:28	14	25:03	268	29:56	
Rad 000	20.00	50:35	2:31	13	16:03	266	20:10	20.50	1:11:15	3:28	14	25:03	268	29:56	
Kontrolle Lauf	2.40	18:19	7:37	13	7:37	261	10:29	22.90	1:29:34	3:54	14	32:40	265	40:25	
Lauf Ziel	2.60	18:19	7:02	13	7:45	257	10:05	25.50	1:47:53	4:13	13	40:25	265	50:30	
Lauf 000	5.00	36:38	7:19	13	15:22	261	20:34	25.50	1:47:53	4:13	13	40:25	265	50:30	