



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Heppert, Kai

000: 1:08:06

00: LT Hemsbach

00: 119

00: 25.50 km

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

00000/000: 33 (of 353)

00000/0: 33 (of 269)

000000: 57:23

0000:

00000: 7(of 55)

Senioren 2 (TM 45)

0000000: 1:03:12

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:14	20:27	15	1:43	86	3:15	0.50	10:14	20:27	15	1:43	88	3:15
Wechsel S -> R	-	2:19	-	16	0:42	74	1:03	0.50	12:33	25:06	56	1:57	268	4:18
Schwimmen 000	0.50	12:33	25:06	56	1:57	268	4:18	0.50	12:33	25:06	56	1:57	268	4:18
Kontrolle Rad	6.00	10:48	1:48	12	0:49	37	1:34	6.50	23:21	3:35	56	2:16	268	4:38
Kontrolle Rad	8.00	13:03	1:37	9	0:36	22	1:16	14.50	36:24	2:30	56	2:51	267	4:49
Rad Ziel	6.00	9:42	1:36	10	0:27	32	1:09	20.50	46:06	2:14	56	3:16	268	5:27
Rad 0	20.00	33:33	1:40	1	24:18	1	25:00	20.50	46:06	2:14	56	3:16	268	5:27
Wechsel R -> L	-	0:59	-	23	0:27	100	0:27	20.50	47:05	2:17	56	3:34	268	5:46
Rad 000	20.00	34:32	1:43	10	2:01	27	4:07	20.50	47:05	2:17	56	3:34	268	5:46
Kontrolle Lauf	2.40	10:08	4:13	7	0:50	31	2:18	22.90	57:13	2:29	56	3:52	265	8:04
Lauf Ziel	2.60	10:53	4:11	9	1:07	36	2:39	25.50	1:08:06	2:40	7	4:54	33	10:43
Lauf 000	5.00	21:01	4:12	7	1:55	32	4:57	25.50	1:08:06	2:40	7	4:54	33	10:43