



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Held, Reinhard

000: 1:09:23

00: TV Lorsch

00: 162

00: 25.50 km

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

00000/000: 50 (of 353)

00000/0: 48 (of 269)

000000: 57:23

0000:

00000: 2(of 13)

Senioren 5 (TM 60)

0000000: 1:07:28

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|                | 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  | 9:18  | 18:36  | 2  | 0:03  | 43  | 2:19  | 0.50  | 9:18    | 18:36  | 2  | 0:03 | 44  | 2:19  |
| Wechsel S -> R | -     | 1:37  | -      | 1  | -     | 9   | 0:21  | 0.50  | 10:55   | 21:49  | 1  | -    | 268 | 2:40  |
| Schwimmen 000  | 0.50  | 10:55 | 21:49  | 1  | -     | 268 | 2:40  | 0.50  | 10:55   | 21:49  | 1  | -    | 268 | 2:40  |
| Kontrolle Rad  | 6.00  | 11:19 | 1:53   | 4  | 0:24  | 91  | 2:05  | 6.50  | 22:14   | 3:25   | 1  | -    | 268 | 3:31  |
| Kontrolle Rad  | 8.00  | 13:34 | 1:41   | 3  | 0:16  | 60  | 1:47  | 14.50 | 35:48   | 2:28   | 1  | -    | 267 | 4:13  |
| Rad Ziel       | 6.00  | 10:04 | 1:40   | 2  | 0:32  | 69  | 1:31  | 20.50 | 45:52   | 2:14   | 14 | 0:27 | 268 | 5:13  |
| Rad 0          | 20.00 | 34:57 | 1:44   | 1  | 25:25 | 1   | 26:24 | 20.50 | 45:52   | 2:14   | 14 | 0:27 | 268 | 5:13  |
| Wechsel R -> L | -     | 0:52  | -      | 3  | 0:05  | 70  | 0:20  | 20.50 | 46:44   | 2:16   | 14 | 0:32 | 268 | 5:25  |
| Rad 000        | 20.00 | 35:49 | 1:47   | 3  | 1:17  | 68  | 5:24  | 20.50 | 46:44   | 2:16   | 14 | 0:32 | 268 | 5:25  |
| Kontrolle Lauf | 2.40  | 10:56 | 4:33   | 3  | 0:14  | 69  | 3:06  | 22.90 | 57:40   | 2:31   | 14 | 0:46 | 265 | 8:31  |
| Lauf Ziel      | 2.60  | 11:43 | 4:30   | 2  | 1:09  | 79  | 3:29  | 25.50 | 1:09:23 | 2:43   | 2  | 1:55 | 48  | 12:00 |
| Lauf 000       | 5.00  | 22:39 | 4:31   | 2  | 1:23  | 76  | 6:35  | 25.50 | 1:09:23 | 2:43   | 2  | 1:55 | 48  | 12:00 |