



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

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Albert, Jürgen

000: 1:09:29

00: Allumbar Lorsch

00: 54

00: 25.50 km

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

00000/000: 52 (of 353)

00000/0: 50 (of 269)

000000: 57:23

0000:

00000: 13(of 55)

Senioren 2 (TM 45)

0000000: 1:03:12

0000

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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  | 9:25  | 18:49  | 6  | 0:54  | 47  | 2:26  | 0.50  | 9:25    | 18:49  | 6  | 0:54 | 269 | 2:26  |
| Wechsel S -> R | -     | 2:13  | -      | 13 | 0:36  | 61  | 0:57  | 0.50  | 11:38   | 23:15  | 6  | 1:02 | 268 | 3:23  |
| Schwimmen 000  | 0.50  | 11:38 | 23:15  | 6  | 1:02  | 268 | 3:23  | 0.50  | 11:38   | 23:15  | 6  | 1:02 | 268 | 3:23  |
| Kontrolle Rad  | 6.00  | 10:34 | 1:45   | 9  | 0:35  | 24  | 1:20  | 6.50  | 22:12   | 3:24   | 56 | 1:07 | 268 | 3:29  |
| Kontrolle Rad  | 8.00  | 12:59 | 1:37   | 7  | 0:32  | 19  | 1:12  | 14.50 | 35:11   | 2:25   | 56 | 1:38 | 267 | 3:36  |
| Rad Ziel       | 6.00  | 9:35  | 1:35   | 7  | 0:20  | 26  | 1:02  | 20.50 | 44:46   | 2:11   | 56 | 1:56 | 268 | 4:07  |
| Rad 0          | 20.00 | 33:08 | 1:39   | 1  | 23:53 | 1   | 24:35 | 20.50 | 44:46   | 2:11   | 56 | 1:56 | 268 | 4:07  |
| Wechsel R -> L | -     | 0:50  | -      | 15 | 0:18  | 61  | 0:18  | 20.50 | 45:36   | 2:13   | 56 | 2:05 | 268 | 4:17  |
| Rad 000        | 20.00 | 33:58 | 1:41   | 6  | 1:27  | 19  | 3:33  | 20.50 | 45:36   | 2:13   | 56 | 2:05 | 268 | 4:17  |
| Kontrolle Lauf | 2.40  | 11:44 | 4:53   | 23 | 2:26  | 120 | 3:54  | 22.90 | 57:20   | 2:30   | 56 | 3:59 | 265 | 8:11  |
| Lauf Ziel      | 2.60  | 12:09 | 4:40   | 24 | 2:23  | 104 | 3:55  | 25.50 | 1:09:29 | 2:43   | 13 | 6:17 | 50  | 12:06 |
| Lauf 000       | 5.00  | 23:53 | 4:46   | 23 | 4:47  | 115 | 7:49  | 25.50 | 1:09:29 | 2:43   | 13 | 6:17 | 50  | 12:06 |