



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Zahnleiter, Thomas

000: 1:10:02

00: physio3

00: 144

00: 25.50 km

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

00000/000: 59 (of 353)

00000/0: 57 (of 269)

000000: 57:23

0000:

00000: 15(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 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:37	21:14	21	2:06	111	3:38	0.50	10:37	21:14	56	2:06	269	3:38
Wechsel S -> R	-	2:20	-	17	0:43	77	1:04	0.50	12:57	25:53	56	2:21	268	4:42
Schwimmen 000	0.50	12:57	25:53	56	2:21	268	4:42	0.50	12:57	25:53	56	2:21	268	4:42
Kontrolle Rad	6.00	11:17	1:52	19	1:18	82	2:03	6.50	24:14	3:43	56	3:09	268	5:31
Kontrolle Rad	8.00	13:49	1:43	22	1:22	85	2:02	14.50	38:03	2:37	56	4:30	267	6:28
Rad Ziel	6.00	9:53	1:38	14	0:38	51	1:20	20.50	47:56	2:20	56	5:06	268	7:17
Rad 0	20.00	34:59	1:44	1	25:44	1	26:26	20.50	47:56	2:20	56	5:06	268	7:17
Wechsel R -> L	-	1:01	-	29	0:29	108	0:29	20.50	48:57	2:23	56	5:26	268	7:38
Rad 000	20.00	36:00	1:48	18	3:29	73	5:35	20.50	48:57	2:23	56	5:26	268	7:38
Kontrolle Lauf	2.40	10:20	4:18	8	1:02	38	2:30	22.90	59:17	2:35	56	5:56	265	10:08
Lauf Ziel	2.60	10:45	4:08	8	0:59	34	2:31	25.50	1:10:02	2:44	15	6:50	57	12:39
Lauf 000	5.00	21:05	4:13	8	1:59	33	5:01	25.50	1:10:02	2:44	15	6:50	57	12:39