



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Nepputh, Gerd

000: 1:10:18

00: Team Body Attack

00: 149

00: 25.50 km

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

00000/000: 63 (of 353)

00000/0: 60 (of 269)

000000: 57:23

0000:

00000: 8(of 48)

Senioren 3 (TM 50)

0000000: 1:07:43

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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	10:21	20:41	17	1:51	95	3:22	0.50	10:21	20:41	49	1:51	269	3:22
Wechsel S -> R	-	1:53	-	2	0:12	25	0:37	0.50	12:14	24:27	49	1:42	64	3:59
Schwimmen 000	0.50	12:14	24:27	49	1:42	64	3:59	0.50	12:14	24:27	49	1:42	64	3:59
Kontrolle Rad	6.00	11:04	1:50	11	0:26	62	1:50	6.50	23:18	3:35	49	2:02	268	4:35
Kontrolle Rad	8.00	13:19	1:39	5	0:10	38	1:32	14.50	36:37	2:31	49	2:02	267	5:02
Rad Ziel	6.00	9:50	1:38	5	0:16	43	1:17	20.50	46:27	2:15	49	1:51	268	5:48
Rad 0	20.00	34:13	1:42	1	24:39	1	25:40	20.50	46:27	2:15	49	1:51	268	5:48
Wechsel R -> L	-	0:55	-	12	0:21	82	0:23	20.50	47:22	2:18	49	2:00	264	6:03
Rad 000	20.00	35:08	1:45	6	0:46	41	4:43	20.50	47:22	2:18	49	2:00	264	6:03
Kontrolle Lauf	2.40	11:05	4:37	10	2:11	80	3:15	22.90	58:27	2:33	48	2:09	265	9:18
Lauf Ziel	2.60	11:51	4:33	12	2:36	92	3:37	25.50	1:10:18	2:45	8	2:35	60	12:55
Lauf 000	5.00	22:56	4:35	11	4:47	84	6:52	25.50	1:10:18	2:45	8	2:35	60	12:55