



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Lixfeld, Stephan

000: 1:12:50

00: SSG Bensheim Triathlon

00: 110

00: 25.50 km

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

00000/000: 91 (of 353)

00000/0: 86 (of 269)

000000: 57:23

0000:

00000: 12(of 34)

Senioren 4 (TM 55)

0000000: 1:00:22

0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:56	21:52	19	2:49	130	3:57	0.50	10:56	21:52	34	2:49	269	3:57	
Wechsel S -> R	-	2:37	-	15	1:01	120	1:21	0.50	13:33	27:06	34	3:40	268	5:18	
Schwimmen 000	0.50	13:33	27:06	34	3:40	268	5:18	0.50	13:33	27:06	34	3:40	268	5:18	
Kontrolle Rad	6.00	11:16	1:52	10	1:04	80	2:02	6.50	24:49	3:49	34	4:38	268	6:06	
Kontrolle Rad	8.00	13:38	1:42	10	1:19	69	1:51	14.50	38:27	2:39	34	5:39	267	6:52	
Rad Ziel	6.00	10:09	1:41	11	1:08	82	1:36	20.50	48:36	2:22	34	6:47	268	7:57	
Rad 0	20.00	35:03	1:45	1	26:02	1	26:30	20.50	48:36	2:22	34	6:47	268	7:57	
Wechsel R -> L	-	1:10	-	18	0:32	152	0:38	20.50	49:46	2:25	34	7:15	268	8:27	
Rad 000	20.00	36:13	1:48	10	3:59	80	5:48	20.50	49:46	2:25	34	7:15	268	8:27	
Kontrolle Lauf	2.40	11:19	4:42	8	2:31	94	3:29	22.90	1:01:05	2:40	34	9:46	265	11:56	
Lauf Ziel	2.60	11:45	4:31	9	2:42	84	3:31	25.50	1:12:50	2:51	12	12:28	86	15:27	
Lauf 000	5.00	23:04	4:36	8	5:13	87	7:00	25.50	1:12:50	2:51	12	12:28	86	15:27	