



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Bauer, Timo

000: 1:11:03

00: 27

00: 25.50 km

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

00000/000: 56 (of 340)

00000/0: 53 (of 251)

000000: 59:47

0000:

Senioren 1 (TM 40)

00000: 12(of 40)

0000000: 1:03:03

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Schwimmen nett	0.50	10:29	0.00	14	1:54	95	2:45	0.50	10:29	0.00	41	1:54	252	2:45
Wechsel S -> R	-	2:13	-	14	0:46	68	0:50	0.50	12:42	0.00	12	2:21	251	3:18
Schwimmen 000	0.50	12:42	0.00	12	2:21	251	3:18	0.50	12:42	0.00	12	2:21	251	3:18
Rad netto	20.00	36:33	32.83	17	5:32	102	33:57	20.50	49:15	24.37	41	7:05	251	31:40
Wechsel R -> L	-	0:56	-	22	0:25	95	0:27	20.50	50:11	23.91	41	7:30	251	31:02
Rad 000	20.00	37:29	32.01	15	5:43	95	33:19	20.50	50:11	23.91	41	7:30	251	31:02
Lauf	5.00	20:52	14.38	9	3:11	39	7:06	25.50	1:11:03	21.11	12	8:00	54	30:11