



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Kuß, Andreas

000: 1:15:15

00: 124

00: 25.50 km

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

00000/000: 120 (of 340)

00000/0: 110 (of 251)

000000: 59:47

0000:

00000: 25(of 47)

Senioren 2 (TM 45)

0000000: 1:02:16

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:53	2.76	25	2:32	117	3:09	0.50	10:53	2.76	48	2:32	118	3:09	
Wechsel S -> R	-	2:24	-	20	0:54	91	1:01	0.50	13:17	2.26	48	3:26	251	3:53	
Schwimmen 000	0.50	13:17	2.26	48	3:26	251	3:53	0.50	13:17	2.26	48	3:26	251	3:53	
Rad netto	20.00	36:27	32.92	22	33:51	98	33:51	20.50	49:44	24.73	48	32:09	251	32:09	
Wechsel R -> L	-	1:44	-	45	1:14	225	1:15	20.50	51:28	23.90	48	32:19	251	32:19	
Rad 000	20.00	38:11	31.43	26	34:01	118	34:01	20.50	51:28	23.90	48	32:19	251	32:19	
Lauf	5.00	23:47	12.61	22	5:02	121	10:01	25.50	1:15:15	20.33	26	34:23	112	34:23	