



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Glanzner, Robert

000: 1:16:33

00: 121

00: 25.50 km

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

0000:

Senioren 3 (TM 50)

00000/000: 139 (of 340)

00000/0: 126 (of 251)

000000: 59:47

00000: 17(of 37)

0000000: 1:02:45

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:23	2.89	11	2:07	90	2:39	0.50	10:23	2.89	11	2:07	91	2:39
Wechsel S -> R	-	2:11	-	8	0:43	62	0:48	0.50	12:34	2.39	9	2:50	251	3:10
Schwimmen 000	0.50	12:34	2.39	9	2:50	251	3:10	0.50	12:34	2.39	9	2:50	251	3:10
Rad netto	20.00	38:41	31.02	28	6:35	172	36:05	20.50	51:15	24.00	38	9:10	251	33:40
Wechsel R -> L	-	1:15	-	24	0:41	169	0:46	20.50	52:30	23.43	38	9:51	251	33:21
Rad 000	20.00	39:56	30.05	25	7:16	174	35:46	20.50	52:30	23.43	38	9:51	251	33:21
Lauf	5.00	24:03	12.47	18	5:47	131	10:17	25.50	1:16:33	19.99	17	13:48	128	35:41