



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Lenhart, Stefan

000: 1:12:02

00: MTG Running

00: 48

00: 25.50 km

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

00000/000: 69 (of 340)

00000/0: 65 (of 251)

000000: 59:47

00000: 8(of 25)

0000000: 1:04:22

0000:

männliche AK 4 (TM 35)

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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	11:45	2.55	21	3:10	156	4:01	0.50	11:45	2.55	26	3:10	252	4:01	
Wechsel S -> R	-	1:50	-	5	0:13	26	0:27	0.50	13:35	2.21	26	3:19	251	4:11	
Schwimmen 000	0.50	13:35	2.21	26	3:19	251	4:11	0.50	13:35	2.21	26	3:19	251	4:11	
Rad netto	20.00	37:27	32.04	17	4:45	130	34:51	20.50	51:02	24.10	26	7:45	251	33:27	
Wechsel R -> L	-	0:36	-	1	-	13	0:07	20.50	51:38	23.82	26	7:15	251	32:29	
Rad 000	20.00	38:03	31.54	14	3:56	112	33:53	20.50	51:38	23.82	26	7:15	251	32:29	
Lauf	5.00	20:24	14.71	2	0:25	32	6:38	25.50	1:12:02	21.24	8	7:40	67	31:10	