



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Toth, Christofer

000: 1:01:39

00: Boddy-Attack

00: 158

00: 25.50 km

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

0000:

männliche AK 2 (TM 25)

00000/000: 4 (of 340)

00000/0: 4 (of 251)

000000: 59:47

00000: 3(of 24)

0000000: 59:47

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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	8:41	3.45	5	0:44	15	0:57	0.50	8:41	3.45	25	0:44	252	0:57	
Wechsel S -> R	-	1:52	-	8	0:29	32	0:29	0.50	10:33	2.84	25	1:09	251	1:09	
Schwimmen 000	0.50	10:33	2.84	25	1:09	251	1:09	0.50	10:33	2.84	25	1:09	251	1:09	
Rad netto	20.00	31:36	37.97	2	0:12	6	29:00	20.50	42:09	29.18	25	1:21	6	24:34	
Wechsel R -> L	-	0:39	-	5	0:06	22	0:10	20.50	42:48	28.74	25	1:26	7	23:39	
Rad 000	20.00	32:15	37.21	2	0:17	7	28:05	20.50	42:48	28.74	25	1:26	7	23:39	
Lauf	5.00	18:51	15.92	3	0:36	8	5:05	25.50	1:01:39	24.82	3	1:52	5	20:47	