



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Plicka, Pitt

000: 1:23:49

00: 98

00: 25.50 km

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

00000/000: 231 (of 340)

00000/0: 193 (of 251)

000000: 59:47

0000:

00000: 32(of 40)

Senioren 1 (TM 40)

0000000: 1:03:03

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000

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	12:48	2.34	33	4:13	202	5:04	0.50	12:48	2.34	33	4:13	252	5:04	
Wechsel S -> R	-	3:37	-	36	2:10	207	2:14	0.50	16:25	1.83	41	6:04	251	7:01	
Schwimmen 000	0.50	16:25	1.83	41	6:04	251	7:01	0.50	16:25	1.83	41	6:04	251	7:01	
Rad netto	20.00	42:58	27.93	37	11:57	233	40:22	20.50	59:23	20.71	41	17:13	251	41:48	
Wechsel R -> L	-	0:36	-	3	0:05	13	0:07	20.50	59:59	20.51	41	17:18	251	40:50	
Rad 000	20.00	43:34	27.54	36	11:48	227	39:24	20.50	59:59	20.51	41	17:18	251	40:50	
Lauf	5.00	23:50	12.59	24	6:09	122	10:04	25.50	1:23:49	18.25	32	20:46	196	42:57	