



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Krüger, Uwe

000: 1:06:55

00: VFR Hettenleidelheim

00: 160

00: 25.50 km

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

00000/000: 23 (of 340)

00000/0: 22 (of 251)

000000: 59:47

0000:

00000: 3(of 47)

Senioren 2 (TM 45)

0000000: 1:02:16

0000

0000

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	9:56	3.02	14	1:35	70	2:12	0.50	9:56	3.02	14	1:35	252	2:12
Wechsel S -> R	-	2:05	-	6	0:35	49	0:42	0.50	12:01	2.50	10	2:10	251	2:37
Schwimmen 000	0.50	12:01	2.50	10	2:10	251	2:37	0.50	12:01	2.50	10	2:10	251	2:37
Rad netto	20.00	33:53	35.42	6	31:17	28	31:17	20.50	45:54	26.80	7	28:19	33	28:19
Wechsel R -> L	-	1:10	-	22	0:40	146	0:41	20.50	47:04	26.13	7	27:55	37	27:55
Rad 000	20.00	35:03	34.24	7	30:53	31	30:53	20.50	47:04	26.13	7	27:55	37	27:55
Lauf	5.00	19:51	15.11	5	1:06	18	6:05	25.50	1:06:55	22.86	4	26:03	23	26:03