



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Mengle, Tobias

000: 1:10:37

00: Bingen

00: 155

00: 25.50 km

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

00000/000: 51 (of 340)

00000/0: 48 (of 251)

000000: 59:47

0000:

männliche AK 4 (TM 35)

00000: 6(of 25)

0000000: 1:04:22

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Schwimmen nett	0.50	9:34	3.14	8	0:59	46	1:50	0.50	9:34	3.14	26	0:59	252	1:50
Wechsel S -> R	-	1:55	-	7	0:18	36	0:32	0.50	11:29	2.61	26	1:13	251	2:05
Schwimmen 000	0.50	11:29	2.61	26	1:13	251	2:05	0.50	11:29	2.61	26	1:13	251	2:05
Rad netto	20.00	35:44	33.58	9	3:02	73	33:08	20.50	47:13	26.05	26	3:56	49	29:38
Wechsel R -> L	-	0:48	-	8	0:12	56	0:19	20.50	48:01	25.62	26	3:38	47	28:52
Rad 000	20.00	36:32	32.85	9	2:25	69	32:22	20.50	48:01	25.62	26	3:38	47	28:52
Lauf	5.00	22:36	13.27	12	2:37	83	8:50	25.50	1:10:37	21.67	6	6:15	49	29:45