



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Remus, Ingo

000: 1:12:11

00: FFw Bensheim

00: 146

00: 25.50 km

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

00000/000: 72 (of 340)

00000/0: 68 (of 251)

000000: 59:47

0000:

00000: 15(of 40)

Senioren 1 (TM 40)

0000000: 1:03:03

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0000

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	11:48	2.54	29	3:13	159	4:04	0.50	11:48	2.54	41	3:13	252	4:04	
Wechsel S -> R	-	1:52	-	7	0:25	32	0:29	0.50	13:40	2.20	41	3:19	251	4:16	
Schwimmen 000	0.50	13:40	2.20	41	3:19	251	4:16	0.50	13:40	2.20	41	3:19	251	4:16	
Rad netto	20.00	35:45	33.57	12	4:44	74	33:09	20.50	49:25	24.89	15	7:15	90	31:50	
Wechsel R -> L	-	0:41	-	5	0:10	24	0:12	20.50	50:06	24.55	14	7:25	83	30:57	
Rad 000	20.00	36:26	32.94	12	4:40	66	32:16	20.50	50:06	24.55	14	7:25	83	30:57	
Lauf	5.00	22:05	13.58	14	4:24	67	8:19	25.50	1:12:11	21.20	15	9:08	70	31:19	