



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Schulze, Wolfgang

000: 1:19:40

00: 191

00: 25.50 km

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

0000:

Senioren 6 (TM 65)

00000/000: 185 (of 340)

00000/0: 164 (of 251)

000000: 59:47

00000: 3(of 8)

0000000: 1:17:27

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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	12:50	2.34	3	2:42	203	5:06	0.50	12:50	2.34	9	2:42	252	5:06
Wechsel S -> R	-	2:19	-	1	-	81	0:56	0.50	15:09	1.98	9	2:12	251	5:45
Schwimmen 000	0.50	15:09	1.98	9	2:12	251	5:45	0.50	15:09	1.98	9	2:12	251	5:45
Rad netto	20.00	38:26	31.22	6	2:43	165	35:50	20.50	53:35	22.95	9	2:47	172	36:00
Wechsel R -> L	-	1:18	-	2	0:40	181	0:49	20.50	54:53	22.41	9	2:06	174	35:44
Rad 000	20.00	39:44	30.20	4	2:40	163	35:34	20.50	54:53	22.41	9	2:06	174	35:44
Lauf	5.00	24:47	12.10	4	2:09	157	11:01	25.50	1:19:40	19.21	3	2:13	167	38:48