



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Aigner, Dietmar

000: 1:20:25

00: 171

00: 25.50 km

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

00000/000: 193 (of 340)

00000/0: 169 (of 251)

000000: 59:47

0000:

männliche AK 4 (TM 35)

00000: 22(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	12:02	2.49	23	3:27	169	4:18	0.50	12:02	2.49	26	3:27	252	4:18
Wechsel S -> R	-	5:19	-	25	3:42	248	3:56	0.50	17:21	1.73	26	7:05	251	7:57
Schwimmen 000	0.50	17:21	1.73	26	7:05	251	7:57	0.50	17:21	1.73	26	7:05	251	7:57
Rad netto	20.00	36:55	32.51	14	4:13	115	34:19	20.50	54:16	22.67	26	10:59	183	36:41
Wechsel R -> L	-	1:39	-	23	1:03	218	1:10	20.50	55:55	22.00	26	11:32	185	36:46
Rad 000	20.00	38:34	31.11	18	4:27	129	34:24	20.50	55:55	22.00	26	11:32	185	36:46
Lauf	5.00	24:30	12.24	20	4:31	146	10:44	25.50	1:20:25	19.03	22	16:03	172	39:33