



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Neumann, Bastian

000: 1:23:10

00: 162

00: 25.50 km

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

0000:

männliche AK 2 (TM 25)

00000/000: 223 (of 340)

00000/0: 187 (of 251)

000000: 59:47

00000: 20(of 24)

0000000: 59:47

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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	13:28	2.23	22	5:31	219	5:44	0.50	13:28	2.23	25	5:31	252	5:44
Wechsel S -> R	-	3:43	-	20	2:20	214	2:20	0.50	17:11	1.75	25	7:47	251	7:47
Schwimmen 000	0.50	17:11	1.75	25	7:47	251	7:47	0.50	17:11	1.75	25	7:47	251	7:47
Rad netto	20.00	38:26	31.22	16	7:02	165	35:50	20.50	55:37	22.12	25	14:49	197	38:02
Wechsel R -> L	-	2:00	-	24	1:27	237	1:31	20.50	57:37	21.35	25	16:15	205	38:28
Rad 000	20.00	40:26	29.68	17	8:28	184	36:16	20.50	57:37	21.35	25	16:15	205	38:28
Lauf	5.00	25:33	11.74	19	7:18	171	11:47	25.50	1:23:10	18.40	20	23:23	190	42:18