



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Kolb, Gerrit

000: 1:14:02

00: 37

00: 25.50 km

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

00000/000: 99 (of 340)

00000/0: 93 (of 251)

000000: 59:47

0000:

männliche AK 3 (TM 30)

00000: 9(of 21)

0000000: 1:01:22

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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	10:46	2.79	9	1:40	110	3:02	0.50	10:46	2.79	22	1:40	252	3:02	
Wechsel S -> R	-	2:22	-	9	0:47	86	0:59	0.50	13:08	2.28	22	2:27	251	3:44	
Schwimmen 000	0.50	13:08	2.28	22	2:27	251	3:44	0.50	13:08	2.28	22	2:27	251	3:44	
Rad netto	20.00	35:46	33.55	7	4:46	75	33:10	20.50	48:54	25.15	22	7:13	251	31:19	
Wechsel R -> L	-	1:11	-	16	0:36	148	0:42	20.50	50:05	24.56	22	7:49	251	30:56	
Rad 000	20.00	36:57	32.48	7	5:22	78	32:47	20.50	50:05	24.56	22	7:49	251	30:56	
Lauf	5.00	23:57	12.53	13	4:51	126	10:11	25.50	1:14:02	20.67	9	12:40	95	33:10	