



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Trometer, Reiner

000: 1:28:49

00: 170

00: 25.50 km

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

00000/000: 280 (of 340)

00000/0: 222 (of 251)

000000: 59:47

0000:

00000: 11(of 18)

Senioren 4 (TM 55)

0000000: 1:06:46

0000

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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	14:15	2.11	18	5:08	235	6:31	0.50	14:15	2.11	19	5:08	252	6:31	
Wechsel S -> R	-	3:44	-	11	2:20	215	2:21	0.50	17:59	1.67	19	7:03	251	8:35	
Schwimmen 000	0.50	17:59	1.67	19	7:03	251	8:35	0.50	17:59	1.67	19	7:03	251	8:35	
Rad netto	20.00	40:31	29.62	15	6:25	209	37:55	20.50	58:30	21.03	19	13:02	220	40:55	
Wechsel R -> L	-	1:06	-	6	0:23	128	0:37	20.50	59:36	20.64	19	13:25	222	40:27	
Rad 000	20.00	41:37	28.83	14	6:37	206	37:27	20.50	59:36	20.64	19	13:25	222	40:27	
Lauf	5.00	29:13	10.27	12	15:27	219	15:27	25.50	1:28:49	17.23	12	22:03	225	47:57	