



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Wahrenbruch, Thomas

000: 1:10:46

00: 232

00: 25.50 km

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

00000/000: 52 (of 340)

00000/0: 49 (of 251)

000000: 59:47

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Senioren 1 (TM 40)

00000: 10(of 40)

0000000: 1:03:03

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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	11:19	2.65	25	2:44	141	3:35	0.50	11:19	2.65	41	2:44	143	3:35
Wechsel S -> R	-	1:48	-	4	0:21	21	0:25	0.50	13:07	2.29	41	2:46	251	3:43
Schwimmen 000	0.50	13:07	2.29	41	2:46	251	3:43	0.50	13:07	2.29	41	2:46	251	3:43
Rad netto	20.00	33:43	35.59	5	2:42	22	31:07	20.50	46:50	26.26	41	4:40	251	29:15
Wechsel R -> L	-	1:02	-	26	0:31	113	0:33	20.50	47:52	25.70	41	5:11	251	28:43
Rad 000	20.00	34:45	34.53	6	2:59	27	30:35	20.50	47:52	25.70	41	5:11	251	28:43
Lauf	5.00	22:54	13.10	19	5:13	94	9:08	25.50	1:10:46	21.62	10	7:43	50	29:54