



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Knebel, Matthias

000: 1:11:16

00: 240

00: 25.50 km

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

00000/000: 59 (of 340)

00000/0: 56 (of 251)

000000: 59:47

0000:

00000: 12(of 47)

Senioren 2 (TM 45)

0000000: 1:02:16

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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	9:21	3.21	10	1:00	35	1:37	0.50	9:21	3.21	48	1:00	252	1:37	
Wechsel S -> R	-	2:26	-	21	0:56	92	1:03	0.50	11:47	2.55	48	1:56	251	2:23	
Schwimmen 000	0.50	11:47	2.55	48	1:56	251	2:23	0.50	11:47	2.55	48	1:56	251	2:23	
Rad netto	20.00	34:26	34.85	12	31:50	46	31:50	20.50	46:13	26.61	48	28:38	251	28:38	
Wechsel R -> L	-	1:12	-	27	0:42	154	0:43	20.50	47:25	25.94	48	28:16	251	28:16	
Rad 000	20.00	35:38	33.68	12	31:28	51	31:28	20.50	47:25	25.94	48	28:16	251	28:16	
Lauf	5.00	23:51	12.58	23	5:06	124	10:05	25.50	1:11:16	21.47	13	30:24	58	30:24	