



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Kristek, Matthias

000: 1:11:19

00: TG Laudenbach

00: 213

00: 25.50 km

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

00000/000: 60 (of 340)

00000/0: 57 (of 251)

000000: 59:47

0000:

00000: 13(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 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	11:29	2.61	32	3:08	151	3:45	0.50	11:29	2.61	48	3:08	252	3:45
Wechsel S -> R	-	2:14	-	14	0:44	70	0:51	0.50	13:43	2.19	48	3:52	251	4:19
Schwimmen 000	0.50	13:43	2.19	48	3:52	251	4:19	0.50	13:43	2.19	48	3:52	251	4:19
Rad netto	20.00	34:12	35.09	9	31:36	34	31:36	20.50	47:55	25.67	48	30:20	251	30:20
Wechsel R -> L	-	1:00	-	12	0:30	107	0:31	20.50	48:55	25.14	48	29:46	251	29:46
Rad 000	20.00	35:12	34.09	8	31:02	38	31:02	20.50	48:55	25.14	48	29:46	251	29:46
Lauf	5.00	22:24	13.39	16	3:39	79	8:38	25.50	1:11:19	21.45	14	30:27	59	30:27