



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Stapler, Oliver

000: 1:11:58

00: 227

00: 25.50 km

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

0000:

männliche AK 4 (TM 35)

00000/000: 67 (of 340)

00000/0: 64 (of 251)

000000: 59:47

00000: 7(of 25)

0000000: 1:04:22

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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	10:32	2.85	14	1:57	97	2:48	0.50	10:32	2.85	26	1:57	100	2:48	
Wechsel S -> R	-	1:40	-	2	0:03	14	0:17	0.50	12:12	2.46	26	1:56	251	2:48	
Schwimmen 000	0.50	12:12	2.46	26	1:56	251	2:48	0.50	12:12	2.46	26	1:56	251	2:48	
Rad netto	20.00	36:42	32.70	13	4:00	107	34:06	20.50	48:54	25.15	26	5:37	251	31:19	
Wechsel R -> L	-	0:48	-	8	0:12	56	0:19	20.50	49:42	24.75	26	5:19	251	30:33	
Rad 000	20.00	37:30	32.00	13	3:23	96	33:20	20.50	49:42	24.75	26	5:19	251	30:33	
Lauf	5.00	22:16	13.47	8	2:17	72	8:30	25.50	1:11:58	21.26	7	7:36	66	31:06	