



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Bauer, Daniel

000: 1:12:55

00: RST Kraichgau

00: 220

00: 25.50 km

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

00000/000: 83 (of 340)

00000/0: 78 (of 251)

000000: 59:47

0000:

00000: 6(of 21)

männliche AK 3 (TM 30)

0000000: 1:01:22

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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	12:29	2.40	14	3:23	186	4:45	0.50	12:29	2.40	22	3:23	252	4:45
Wechsel S -> R	-	2:09	-	6	0:34	59	0:46	0.50	14:38	2.05	22	3:57	251	5:14
Schwimmen 000	0.50	14:38	2.05	22	3:57	251	5:14	0.50	14:38	2.05	22	3:57	251	5:14
Rad netto	20.00	34:23	34.90	4	3:23	44	31:47	20.50	49:01	25.09	22	7:20	251	31:26
Wechsel R -> L	-	0:54	-	9	0:19	83	0:25	20.50	49:55	24.64	22	7:39	251	30:46
Rad 000	20.00	35:17	34.01	4	3:42	41	31:07	20.50	49:55	24.64	22	7:39	251	30:46
Lauf	5.00	23:00	13.04	9	3:54	97	9:14	25.50	1:12:55	20.98	6	11:33	80	32:03