



# 12. Lorsch Triathlon

Lorsch / 02.08.2015

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Luber, Norbert

000: 1:13:27

00: MTG Mannheim Running

00: 210

00: 25.50 km

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

00000/000: 89 (of 340)

00000/0: 84 (of 251)

000000: 59:47

0000:

00000: 16(of 40)

Senioren 1 (TM 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  | 10:48 | 2.78  | 16 | 2:13 | 111 | 3:04  | 0.50  | 10:48   | 2.78  | 41 | 2:13  | 252 | 3:04  |
| Wechsel S -> R | -     | 3:00  | -     | 28 | 1:33 | 160 | 1:37  | 0.50  | 13:48   | 2.17  | 41 | 3:27  | 251 | 4:24  |
| Schwimmen 000  | 0.50  | 13:48 | 2.17  | 41 | 3:27 | 251 | 4:24  | 0.50  | 13:48   | 2.17  | 41 | 3:27  | 251 | 4:24  |
| Rad netto      | 20.00 | 38:38 | 31.06 | 27 | 7:37 | 170 | 36:02 | 20.50 | 52:26   | 23.46 | 41 | 10:16 | 251 | 34:51 |
| Wechsel R -> L | -     | 0:41  | -     | 5  | 0:10 | 24  | 0:12  | 20.50 | 53:07   | 23.16 | 41 | 10:26 | 251 | 33:58 |
| Rad 000        | 20.00 | 39:19 | 30.52 | 25 | 7:33 | 156 | 35:09 | 20.50 | 53:07   | 23.16 | 41 | 10:26 | 251 | 33:58 |
| Lauf           | 5.00  | 20:20 | 14.75 | 6  | 2:39 | 30  | 6:34  | 25.50 | 1:13:27 | 20.83 | 16 | 10:24 | 86  | 32:35 |