



# 12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Molitor, Simon

000: 1:15:44

00: 206

00: 25.50 km

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

00000/000: 131 (of 340)

00000/0: 119 (of 251)

000000: 59:47

0000:

männliche AK 1 (TM 20)

00000: 2(of 4)

0000000: 1:12:51

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0000

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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  | 11:22 | 2.64  | 2  | 0:56 | 145 | 3:38  | 0.50  | 11:22   | 2.64  | 5  | 0:56 | 252 | 3:38  |
| Wechsel S -> R | -     | 2:37  | -     | 2  | 0:15 | 114 | 1:14  | 0.50  | 13:59   | 2.15  | 5  | 1:11 | 251 | 4:35  |
| Schwimmen 000  | 0.50  | 13:59 | 2.15  | 5  | 1:11 | 251 | 4:35  | 0.50  | 13:59   | 2.15  | 5  | 1:11 | 251 | 4:35  |
| Rad netto      | 20.00 | 36:15 | 33.10 | 2  | 1:02 | 92  | 33:39 | 20.50 | 50:14   | 24.49 | 5  | 2:13 | 251 | 32:39 |
| Wechsel R -> L | -     | 0:59  | -     | 2  | 0:01 | 103 | 0:30  | 20.50 | 51:13   | 24.02 | 5  | 1:59 | 251 | 32:04 |
| Rad 000        | 20.00 | 37:14 | 32.23 | 2  | 0:48 | 89  | 33:04 | 20.50 | 51:13   | 24.02 | 5  | 1:59 | 251 | 32:04 |
| Lauf           | 5.00  | 24:31 | 12.24 | 3  | 1:01 | 147 | 10:45 | 25.50 | 1:15:44 | 20.20 | 2  | 2:53 | 121 | 34:52 |