



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Hemmers, Andreas

000: 1:18:18

00: Body-Attack

00: 202

00: 25.50 km

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

00000/000: 165 (of 340)

00000/0: 147 (of 251)

000000: 59:47

0000:

00000: 33(of 47)

Senioren 2 (TM 45)

0000000: 1:02:16

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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	13:15	2.26	44	4:54	215	5:31	0.50	13:15	2.26	48	4:54	252	5:31
Wechsel S -> R	-	3:03	-	36	1:33	164	1:40	0.50	16:18	1.84	48	6:27	251	6:54
Schwimmen 000	0.50	16:18	1.84	48	6:27	251	6:54	0.50	16:18	1.84	48	6:27	251	6:54
Rad netto	20.00	36:58	32.46	26	34:22	120	34:22	20.50	53:16	23.09	48	35:41	251	35:41
Wechsel R -> L	-	1:17	-	32	0:47	176	0:48	20.50	54:33	22.55	48	35:24	251	35:24
Rad 000	20.00	38:15	31.37	27	34:05	119	34:05	20.50	54:33	22.55	48	35:24	251	35:24
Lauf	5.00	23:45	12.63	21	5:00	120	9:59	25.50	1:18:18	19.54	34	37:26	149	37:26