



12. Lorsche Triathlon

Lorsch / 02.08.2015

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Scheler, Thorsten

000: 1:23:55

00: 197

00: 25.50 km

Lorsche Triathlon 0,5-20,0-5,0

0000:

männliche AK 3 (TM 30)

00000/000: 233 (of 340)

00000/0: 195 (of 251)

000000: 59:47

00000: 18(of 21)

0000000: 1:01:22

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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	13:07	2.29	18	4:01	211	5:23	0.50	13:07	2.29	22	4:01	252	5:23
Wechsel S -> R	-	2:38	-	11	1:03	118	1:15	0.50	15:45	1.90	22	5:04	186	6:21
Schwimmen 000	0.50	15:45	1.90	22	5:04	186	6:21	0.50	15:45	1.90	22	5:04	186	6:21
Rad netto	20.00	43:33	27.55	19	12:33	235	40:57	20.50	59:18	20.74	22	17:37	251	41:43
Wechsel R -> L	-	0:57	-	10	0:22	97	0:28	20.50	1:00:15	20.41	22	17:59	251	41:06
Rad 000	20.00	44:30	26.97	19	12:55	234	40:20	20.50	1:00:15	20.41	22	17:59	251	41:06
Lauf	5.00	23:40	12.68	12	4:34	117	9:54	25.50	1:23:55	18.23	18	22:33	198	43:03