



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Walter, Dieter

000: 1:24:23

00: 228

00: 25.50 km

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

00000/000: 238 (of 340)

00000/0: 198 (of 251)

000000: 59:47

0000:

00000: 2(of 5)

Senioren 7 (TM 70)

0000000: 1:21:32

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	12:26	2.41	4	3:26	183	4:42	0.50	12:26	2.41	6	3:26	252	4:42	
Wechsel S -> R	-	2:35	-	1	-	110	1:12	0.50	15:01	2.00	5	1:43	251	5:37	
Schwimmen 000	0.50	15:01	2.00	5	1:43	251	5:37	0.50	15:01	2.00	5	1:43	251	5:37	
Rad netto	20.00	41:13	29.11	4	5:07	219	38:37	20.50	56:14	21.87	5	5:59	251	38:39	
Wechsel R -> L	-	0:48	-	1	-	56	0:19	20.50	57:02	21.57	5	5:34	251	37:53	
Rad 000	20.00	42:01	28.56	4	4:38	213	37:51	20.50	57:02	21.57	5	5:34	251	37:53	
Lauf	5.00	27:21	10.97	1	-	194	13:35	25.50	1:24:23	18.13	3	5:18	201	43:31	