



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Spruch, Martin

000: 1:49:24

00: 189

00: 25.50 km

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

00000/000: 331 (of 340)

00000/0: 246 (of 251)

000000: 59:47

0000:

00000: 16(of 18)

Senioren 4 (TM 55)

0000000: 1:06:46

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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	10:57	2.74	7	1:50	121	3:13	0.50	10:57	2.74	19	1:50	252	3:13
Wechsel S -> R	-	7:08	-	18	5:44	250	5:45	0.50	18:05	1.66	19	7:09	251	8:41
Schwimmen 000	0.50	18:05	1.66	19	7:09	251	8:41	0.50	18:05	1.66	19	7:09	251	8:41
Rad netto	20.00	49:45	24.12	18	15:39	250	47:09	20.50	1:07:50	18.13	19	22:22	250	50:15
Wechsel R -> L	-	3:31	-	18	2:48	249	3:02	20.50	1:11:21	17.24	19	25:10	250	52:12
Rad 000	20.00	53:16	22.53	18	18:16	250	49:06	20.50	1:11:21	17.24	19	25:10	250	52:12
Lauf	5.00	38:03	7.88	17	24:17	249	24:17	25.50	1:49:24	13.99	17	42:38	249	1:08:32