



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Bergsträßer, Marcus

000: 1:10:47

00: 282

00: 25.50 km

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

00000/000: 53 (of 340)

00000/0: 50 (of 251)

000000: 59:47

0000:

00000: 11(of 40)

Senioren 1 (TM 40)

0000000: 1:03:03

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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	10:12	2.94	13	1:37	83	2:28	0.50	10:12	2.94	41	1:37	83	2:28	
Wechsel S -> R	-	1:50	-	5	0:23	26	0:27	0.50	12:02	2.49	41	1:41	52	2:38	
Schwimmen 000	0.50	12:02	2.49	41	1:41	52	2:38	0.50	12:02	2.49	41	1:41	52	2:38	
Rad netto	20.00	36:37	32.77	18	5:36	105	34:01	20.50	48:39	25.28	41	6:29	251	31:04	
Wechsel R -> L	-	1:02	-	26	0:31	113	0:33	20.50	49:41	24.76	41	7:00	251	30:32	
Rad 000	20.00	37:39	31.87	17	5:53	101	33:29	20.50	49:41	24.76	41	7:00	251	30:32	
Lauf	5.00	21:06	14.22	10	3:25	43	7:20	25.50	1:10:47	21.62	11	7:44	51	29:55	