



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Gunkel, Jürgen

00: Team Body Attack

00: 247

00: 25.50 km

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

0000:

Senioren 4 (TM 55)

00000/000: DSQ (of 340)

00000/0: DSQ (of 251)

000000: 59:47

00000: DSQ(of 18)

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	12:16	2.45	13	3:09	176	4:32	0.50	12:16	2.45	19	3:09	176	4:32
Wechsel S -> R	-	4:30	-	16	3:06	243	3:07	0.50	16:46	1.79	19	5:50	251	7:22
Schwimmen 000	0.50	16:46	1.79	19	5:50	251	7:22	0.50	16:46	1.79	19	5:50	251	7:22
Rad netto	20.00	38:43	30.99	10	4:37	174	36:07	20.50	55:29	22.17	19	10:01	251	37:54
Wechsel R -> L	-	1:56	-	14	1:13	234	1:27	20.50	57:25	21.42	19	11:14	251	38:16
Rad 000	20.00	40:39	29.52	12	5:39	189	36:29	20.50	57:25	21.42	19	11:14	251	38:16
Lauf	5.00	13:46	21.79	1	-	1	-	25.50	-	-	-	-	-	-