



12. Lorsche Triathlon

Lorsch / 02.08.2015

0000

Fassmann, Christian

000: 1:12:03

00: 252

00: 25.50 km

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

0000:

männliche AK 4 (TM 35)

00000/000: 71 (of 340)

00000/0: 67 (of 251)

000000: 59:47

00000: 9(of 25)

0000000: 1:04:22

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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	9:33	3.14	7	0:58	43	1:49	0.50	9:33	3.14	7	0:58	44	1:49	
Wechsel S -> R	-	2:18	-	9	0:41	78	0:55	0.50	11:51	2.53	7	1:35	251	2:27	
Schwimmen 000	0.50	11:51	2.53	7	1:35	251	2:27	0.50	11:51	2.53	7	1:35	251	2:27	
Rad netto	20.00	34:20	34.95	5	1:38	41	31:44	20.50	46:11	26.63	6	2:54	251	28:36	
Wechsel R -> L	-	0:49	-	10	0:13	67	0:20	20.50	47:00	26.17	5	2:37	251	27:51	
Rad 000	20.00	35:09	34.14	4	1:02	34	30:59	20.50	47:00	26.17	5	2:37	251	27:51	
Lauf	5.00	25:03	11.98	22	5:04	161	11:17	25.50	1:12:03	21.24	9	7:41	68	31:11	