



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Schneewind, Volker

000: 1:12:32

00: 249

00: 25.50 km

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

00000/000: 76 (of 340)

00000/0: 72 (of 251)

000000: 59:47

0000:

00000: 4(of 13)

Senioren 5 (TM 60)

0000000: 1:09:08

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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	12:17	2.44	7	2:46	177	4:33	0.50	12:17	2.44	14	2:46	177	4:33	
Wechsel S -> R	-	2:07	-	5	0:24	53	0:44	0.50	14:24	2.08	14	3:03	251	5:00	
Schwimmen 000	0.50	14:24	2.08	14	3:03	251	5:00	0.50	14:24	2.08	14	3:03	251	5:00	
Rad netto	20.00	34:56	34.35	2	0:37	56	32:20	20.50	49:20	24.93	14	3:40	251	31:45	
Wechsel R -> L	-	1:05	-	8	0:28	123	0:36	20.50	50:25	24.40	14	3:50	251	31:16	
Rad 000	20.00	36:01	33.32	2	0:47	57	31:51	20.50	50:25	24.40	14	3:50	251	31:16	
Lauf	5.00	22:07	13.56	3	1:19	68	8:21	25.50	1:12:32	21.09	4	3:24	73	31:40	