



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Lied, Michael

000: 1:15:05

00: 271

00: 25.50 km

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

00000/000: 115 (of 340)

00000/0: 105 (of 251)

000000: 59:47

0000:

00000: 14(of 37)

Senioren 3 (TM 50)

0000000: 1:02:45

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	11:19	2.65	20	3:03	141	3:35	0.50	11:19	2.65	38	3:03	143	3:35
Wechsel S -> R	-	2:12	-	9	0:44	66	0:49	0.50	13:31	2.22	38	3:47	110	4:07
Schwimmen 000	0.50	13:31	2.22	38	3:47	110	4:07	0.50	13:31	2.22	38	3:47	110	4:07
Rad netto	20.00	36:46	32.64	18	4:40	111	34:10	20.50	50:17	24.46	38	8:12	105	32:42
Wechsel R -> L	-	0:46	-	5	0:12	45	0:17	20.50	51:03	24.09	38	8:24	251	31:54
Rad 000	20.00	37:32	31.97	13	4:52	97	33:22	20.50	51:03	24.09	38	8:24	251	31:54
Lauf	5.00	24:02	12.48	17	5:46	130	10:16	25.50	1:15:05	20.38	14	12:20	107	34:13