



12. Lorscher Triathlon

Lorsch / 02.08.2015

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Baumgarten, Jürgen

000: 1:15:07

00: running sibana

00: 263

00: 25.50 km

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

00000/000: 116 (of 340)

00000/0: 106 (of 251)

000000: 59:47

0000:

00000: 4(of 18)

Senioren 4 (TM 55)

0000000: 1:06:46

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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	9:50	3.05	3	0:43	57	2:06	0.50	9:50	3.05	19	0:43	57	2:06	
Wechsel S -> R	-	2:16	-	2	0:52	74	0:53	0.50	12:06	2.48	19	1:10	251	2:42	
Schwimmen 000	0.50	12:06	2.48	19	1:10	251	2:42	0.50	12:06	2.48	19	1:10	251	2:42	
Rad netto	20.00	36:45	32.65	6	2:39	110	34:09	20.50	48:51	25.18	19	3:23	251	31:16	
Wechsel R -> L	-	0:54	-	4	0:11	83	0:25	20.50	49:45	24.72	19	3:34	251	30:36	
Rad 000	20.00	37:39	31.87	5	2:39	102	33:29	20.50	49:45	24.72	19	3:34	251	30:36	
Lauf	5.00	25:22	11.83	7	11:36	166	11:36	25.50	1:15:07	20.37	5	8:21	108	34:15	