



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Neumann, Josua

000: 1:18:35

00: 262

00: 25.50 km

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

0000:

männliche AK 2 (TM 25)

00000/000: 169 (of 340)

00000/0: 150 (of 251)

000000: 59:47

00000: 18(of 24)

0000000: 59:47

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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	9:43	3.09	7	1:46	53	1:59	0.50	9:43	3.09	25	1:46	53	1:59	
Wechsel S -> R	-	3:04	-	16	1:41	165	1:41	0.50	12:47	2.35	25	3:23	251	3:23	
Schwimmen 000	0.50	12:47	2.35	25	3:23	251	3:23	0.50	12:47	2.35	25	3:23	251	3:23	
Rad netto	20.00	37:42	31.83	15	6:18	141	35:06	20.50	50:29	24.36	25	9:41	251	32:54	
Wechsel R -> L	-	1:13	-	19	0:40	160	0:44	20.50	51:42	23.79	25	10:20	251	32:33	
Rad 000	20.00	38:55	30.84	15	6:57	142	34:45	20.50	51:42	23.79	25	10:20	251	32:33	
Lauf	5.00	26:53	11.16	22	8:38	190	13:07	25.50	1:18:35	19.47	18	18:48	152	37:43	