



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Münch, Michael

000: 1:18:42

00: TSV Amicitia Viernheim

00: 267

00: 25.50 km

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

00000/000: 170 (of 340)

00000/0: 151 (of 251)

000000: 59:47

0000:

00000: 20(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	11:15	2.67	19	2:59	137	3:31	0.50	11:15	2.67	38	2:59	139	3:31
Wechsel S -> R	-	2:14	-	10	0:46	70	0:51	0.50	13:29	2.22	38	3:45	251	4:05
Schwimmen 000	0.50	13:29	2.22	38	3:45	251	4:05	0.50	13:29	2.22	38	3:45	251	4:05
Rad netto	20.00	36:54	32.52	19	4:48	114	34:18	20.50	50:23	24.41	38	8:18	251	32:48
Wechsel R -> L	-	1:04	-	16	0:30	118	0:35	20.50	51:27	23.91	38	8:48	251	32:18
Rad 000	20.00	37:58	31.61	17	5:18	109	33:48	20.50	51:27	23.91	38	8:48	251	32:18
Lauf	5.00	27:15	11.01	27	8:59	193	13:29	25.50	1:18:42	19.44	20	15:57	153	37:50