



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Müller-Alof, Tibor

000: 1:18:48

00: SV Nickar Heidelberg

00: 283

00: 25.50 km

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

00000/000: 176 (of 340)

00000/0: 156 (of 251)

000000: 59:47

0000:

00000: 27(of 40)

Senioren 1 (TM 40)

0000000: 1:03:03

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000

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	9:55	3.03	10	1:20	67	2:11	0.50	9:55	3.03	41	1:20	68	2:11	
Wechsel S -> R	-	3:53	-	39	2:26	223	2:30	0.50	13:48	2.17	41	3:27	251	4:24	
Schwimmen 000	0.50	13:48	2.17	41	3:27	251	4:24	0.50	13:48	2.17	41	3:27	251	4:24	
Rad netto	20.00	40:08	29.90	29	9:07	202	37:32	20.50	53:56	22.81	41	11:46	251	36:21	
Wechsel R -> L	-	0:55	-	20	0:24	90	0:26	20.50	54:51	22.42	41	12:10	251	35:42	
Rad 000	20.00	41:03	29.23	29	9:17	196	36:53	20.50	54:51	22.42	41	12:10	251	35:42	
Lauf	5.00	23:57	12.53	25	6:16	126	10:11	25.50	1:18:48	19.42	27	15:45	158	37:56	