



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Neidhardt, Rudi

000: 1:23:54

00: The V Europe

00: 246

00: 25.50 km

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

00000/000: 232 (of 340)

00000/0: 194 (of 251)

000000: 59:47

0000:

00000: 6(of 8)

Senioren 6 (TM 65)

0000000: 1:17:27

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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	10:08	2.96	1	-	80	2:24	0.50	10:08	2.96	1	-	80	2:24	
Wechsel S -> R	-	2:49	-	3	0:30	140	1:26	0.50	12:57	2.32	1	-	251	3:33	
Schwimmen 000	0.50	12:57	2.32	1	-	251	3:33	0.50	12:57	2.32	1	-	251	3:33	
Rad netto	20.00	37:51	31.70	3	2:08	146	35:15	20.50	50:48	24.21	1	-	251	33:13	
Wechsel R -> L	-	1:59	-	8	1:21	236	1:30	20.50	52:47	23.30	1	-	251	33:38	
Rad 000	20.00	39:50	30.13	5	2:46	167	35:40	20.50	52:47	23.30	1	-	251	33:38	
Lauf	5.00	31:07	9.64	6	8:29	235	17:21	25.50	1:23:54	18.24	6	6:27	197	43:02	