



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Kattermann, Colin

000: 1:07:59

00: 308

00: 25.50 km

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

00000/000: 29 (of 340)

00000/0: 28 (of 251)

000000: 59:47

0000:

00000: 3(of 25)

männliche AK 4 (TM 35)

0000000: 1:04:22

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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	11	1:08	53	1:59	0.50	9:43	3.09	26	1:08	53	1:59	
Wechsel S -> R	-	1:59	-	8	0:22	43	0:36	0.50	11:42	2.56	26	1:26	251	2:18	
Schwimmen 000	0.50	11:42	2.56	26	1:26	251	2:18	0.50	11:42	2.56	26	1:26	251	2:18	
Rad netto	20.00	34:18	34.99	4	1:36	39	31:42	20.50	46:00	26.74	26	2:43	251	28:25	
Wechsel R -> L	-	1:07	-	17	0:31	135	0:38	20.50	47:07	26.11	26	2:44	251	27:58	
Rad 000	20.00	35:25	33.88	5	1:18	47	31:15	20.50	47:07	26.11	26	2:44	251	27:58	
Lauf	5.00	20:52	14.38	3	0:53	39	7:06	25.50	1:07:59	22.51	3	3:37	29	27:07	