



12. Lorsche Triathlon

Lorsch / 02.08.2015

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Niebergall, Bernd

000: 1:13:45

00: 322

00: 25.50 km

Lorsche Triathlon 0,5-20,0-5,0

00000/000: 93 (of 340)

00000/0: 87 (of 251)

000000: 59:47

0000:

00000: 19(of 47)

Senioren 2 (TM 45)

0000000: 1:02:16

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	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Schwimmen nett	0.50	10:58	2.74	26	2:37	124	3:14	0.50	10:58	2.74	48	2:37	252	3:14
Wechsel S -> R	-	2:43	-	29	1:13	126	1:20	0.50	13:41	2.19	48	3:50	251	4:17
Schwimmen 000	0.50	13:41	2.19	48	3:50	251	4:17	0.50	13:41	2.19	48	3:50	251	4:17
Rad netto	20.00	35:10	34.12	15	32:34	62	32:34	20.50	48:51	25.18	48	31:16	251	31:16
Wechsel R -> L	-	1:10	-	22	0:40	146	0:41	20.50	50:01	24.59	48	30:52	251	30:52
Rad 000	20.00	36:20	33.03	15	32:10	63	32:10	20.50	50:01	24.59	48	30:52	251	30:52
Lauf	5.00	23:44	12.64	20	4:59	119	9:58	25.50	1:13:45	20.75	20	32:53	89	32:53