



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Deglovic, Frantisek

000: 1:14:50

00: 327

00: 25.50 km

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

00000/000: 110 (of 340)

00000/0: 101 (of 251)

000000: 59:47

0000:

00000: 18(of 40)

Senioren 1 (TM 40)

0000000: 1:03:03

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000	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	10:57	2.74	20	2:22	121	3:13	0.50	10:57	2.74	41	2:22	252	3:13
Wechsel S -> R	-	2:46	-	25	1:19	138	1:23	0.50	13:43	2.19	41	3:22	251	4:19
Schwimmen 000	0.50	13:43	2.19	41	3:22	251	4:19	0.50	13:43	2.19	41	3:22	251	4:19
Rad netto	20.00	38:22	31.28	25	7:21	164	35:46	20.50	52:05	23.62	41	9:55	251	34:30
Wechsel R -> L	-	0:54	-	18	0:23	83	0:25	20.50	52:59	23.21	41	10:18	251	33:50
Rad 000	20.00	39:16	30.56	24	7:30	155	35:06	20.50	52:59	23.21	41	10:18	251	33:50
Lauf	5.00	21:51	13.73	13	4:10	61	8:05	25.50	1:14:50	20.45	18	11:47	103	33:58