



12. Lorsche Triathlon

Lorsch / 02.08.2015

0000

Radmacher, Manuel

000: 1:18:24

00: TmzF Lampertheim

00: 24

00: 25.50 km

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

0000:

männliche AK 3 (TM 30)

00000/000: 166 (of 340)

00000/0: 148 (of 251)

000000: 59:47

00000: 14(of 21)

0000000: 1:01:22

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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	11:15	2.67	13	2:09	137	3:31	0.50	11:15	2.67	22	2:09	139	3:31
Wechsel S -> R	-	3:45	-	19	2:10	217	2:22	0.50	15:00	2.00	22	4:19	251	5:36
Schwimmen 000	0.50	15:00	2.00	22	4:19	251	5:36	0.50	15:00	2.00	22	4:19	251	5:36
Rad netto	20.00	39:06	30.69	17	8:06	184	36:30	20.50	54:06	22.74	22	12:25	251	36:31
Wechsel R -> L	-	0:48	-	6	0:13	56	0:19	20.50	54:54	22.40	22	12:38	251	35:45
Rad 000	20.00	39:54	30.08	17	8:19	170	35:44	20.50	54:54	22.40	22	12:38	251	35:45
Lauf	5.00	23:30	12.77	11	4:24	111	9:44	25.50	1:18:24	19.52	14	17:02	150	37:32