



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Kies, Thorsten

000: 1:07:17

00: TTV Topspin Lorsch

00: 43

00: 25.50 km

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

00000/000: 25 (of 340)

00000/0: 24 (of 251)

000000: 59:47

0000:

00000: 3(of 21)

männliche AK 3 (TM 30)

0000000: 1:01:22

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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	10:32	2.85	8	1:26	97	2:48	0.50	10:32	2.85	22	1:26	100	2:48	
Wechsel S -> R	-	1:58	-	2	0:23	42	0:35	0.50	12:30	2.40	22	1:49	251	3:06	
Schwimmen 000	0.50	12:30	2.40	22	1:49	251	3:06	0.50	12:30	2.40	22	1:49	251	3:06	
Rad netto	20.00	34:42	34.58	5	3:42	53	32:06	20.50	47:12	26.06	22	5:31	251	29:37	
Wechsel R -> L	-	0:50	-	7	0:15	70	0:21	20.50	48:02	25.61	22	5:46	251	28:53	
Rad 000	20.00	35:32	33.77	5	3:57	49	31:22	20.50	48:02	25.61	22	5:46	251	28:53	
Lauf	5.00	19:15	15.58	3	0:09	13	5:29	25.50	1:07:17	22.74	3	5:55	25	26:25	