



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Gante, Dr. Mathias

000: 1:10:33

00: 380

00: 25.50 km

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

00000/000: 50 (of 340)

00000/0: 47 (of 251)

000000: 59:47

0000:

00000: 9(of 47)

Senioren 2 (TM 45)

0000000: 1:02:16

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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	11:20	2.65	29	2:59	144	3:36	0.50	11:20	2.65	48	2:59	252	3:36
Wechsel S -> R	-	2:11	-	10	0:41	62	0:48	0.50	13:31	2.22	48	3:40	110	4:07
Schwimmen 000	0.50	13:31	2.22	48	3:40	110	4:07	0.50	13:31	2.22	48	3:40	110	4:07
Rad netto	20.00	34:49	34.47	14	32:13	55	32:13	20.50	48:20	25.45	48	30:45	251	30:45
Wechsel R -> L	-	1:00	-	12	0:30	107	0:31	20.50	49:20	24.93	48	30:11	251	30:11
Rad 000	20.00	35:49	33.50	13	31:39	52	31:39	20.50	49:20	24.93	48	30:11	251	30:11
Lauf	5.00	21:13	14.14	11	2:28	44	7:27	25.50	1:10:33	21.69	10	29:41	48	29:41