



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Schlindwein, Jens

000: 1:15:52

00: 391

00: 25.50 km

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

00000/000: 132 (of 340)

00000/0: 120 (of 251)

000000: 59:47

0000:

männliche AK 3 (TM 30)

00000: 11(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	13:07	2.29	18	4:01	211	5:23	0.50	13:07	2.29	22	4:01	252	5:23
Wechsel S -> R	-	2:17	-	7	0:42	76	0:54	0.50	15:24	1.95	22	4:43	180	6:00
Schwimmen 000	0.50	15:24	1.95	22	4:43	180	6:00	0.50	15:24	1.95	22	4:43	180	6:00
Rad netto	20.00	36:52	32.55	8	5:52	112	34:16	20.50	52:16	23.53	22	10:35	251	34:41
Wechsel R -> L	-	0:51	-	8	0:16	72	0:22	20.50	53:07	23.16	22	10:51	251	33:58
Rad 000	20.00	37:43	31.82	8	6:08	104	33:33	20.50	53:07	23.16	22	10:51	251	33:58
Lauf	5.00	22:45	13.19	8	3:39	88	8:59	25.50	1:15:52	20.17	11	14:30	122	35:00