



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Kondziella, Andreas

000: 1:17:04

00: Goldbecks

00: 385

00: 25.50 km

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

00000/000: 147 (of 340)

00000/0: 133 (of 251)

000000: 59:47

0000:

00000: 30(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	9:51	3.05	12	1:30	59	2:07	0.50	9:51	3.05	48	1:30	252	2:07
Wechsel S -> R	-	2:11	-	10	0:41	62	0:48	0.50	12:02	2.49	48	2:11	52	2:38
Schwimmen 000	0.50	12:02	2.49	48	2:11	52	2:38	0.50	12:02	2.49	48	2:11	52	2:38
Rad netto	20.00	37:05	32.36	27	34:29	121	34:29	20.50	49:07	25.04	48	31:32	251	31:32
Wechsel R -> L	-	1:19	-	34	0:49	182	0:50	20.50	50:26	24.39	48	31:17	251	31:17
Rad 000	20.00	38:24	31.25	28	34:14	125	34:14	20.50	50:26	24.39	48	31:17	251	31:17
Lauf	5.00	26:38	11.26	38	7:53	186	12:52	25.50	1:17:04	19.85	31	36:12	134	36:12