



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Fahrbach, Karl-Heinz

000: 1:22:23

00: 389

00: 25.50 km

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

0000:

Senioren 6 (TM 65)

00000/000: 217 (of 340)

00000/0: 184 (of 251)

000000: 59:47

00000: 5(of 8)

0000000: 1:17:27

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0000

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	13:32	2.22	5	3:24	223	5:48	0.50	13:32	2.22	9	3:24	252	5:48
Wechsel S -> R	-	3:25	-	7	1:06	202	2:02	0.50	16:57	1.77	9	4:00	222	7:33
Schwimmen 000	0.50	16:57	1.77	9	4:00	222	7:33	0.50	16:57	1.77	9	4:00	222	7:33
Rad netto	20.00	37:22	32.11	2	1:39	127	34:46	20.50	54:19	22.64	9	3:31	251	36:44
Wechsel R -> L	-	1:41	-	5	1:03	220	1:12	20.50	56:00	21.96	9	3:13	251	36:51
Rad 000	20.00	39:03	30.73	3	1:59	148	34:53	20.50	56:00	21.96	9	3:13	251	36:51
Lauf	5.00	26:23	11.37	5	3:45	184	12:37	25.50	1:22:23	18.57	5	4:56	187	41:31