



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Masuhr, Michael

000: 1:22:31

00: 376

00: 25.50 km

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

0000:

männliche AK 3 (TM 30)

00000/000: 218 (of 340)

00000/0: 185 (of 251)

000000: 59:47

00000: 17(of 21)

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	12:43	2.36	16	3:37	198	4:59	0.50	12:43	2.36	22	3:37	252	4:59	
Wechsel S -> R	-	2:51	-	15	1:16	143	1:28	0.50	15:34	1.93	22	4:53	182	6:10	
Schwimmen 000	0.50	15:34	1.93	22	4:53	182	6:10	0.50	15:34	1.93	22	4:53	182	6:10	
Rad netto	20.00	37:38	31.89	13	6:38	137	35:02	20.50	53:12	23.12	22	11:31	251	35:37	
Wechsel R -> L	-	1:01	-	12	0:26	110	0:32	20.50	54:13	22.69	22	11:57	251	35:04	
Rad 000	20.00	38:39	31.05	13	7:04	133	34:29	20.50	54:13	22.69	22	11:57	251	35:04	
Lauf	5.00	28:18	10.60	19	9:12	211	14:32	25.50	1:22:31	18.54	17	21:09	188	41:39	