



12. Lorsche Triathlon

Lorsch / 02.08.2015

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Gallei, Holger

000: 1:27:25

00: 368

00: 25.50 km

Lorsche Triathlon 0,5-20,0-5,0

00000/000: 269 (of 340)

00000/0: 215 (of 251)

000000: 59:47

0000:

männliche AK 4 (TM 35)

00000: 25(of 25)

0000000: 1:04:22

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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	12:20	2.43	24	3:45	182	4:36	0.50	12:20	2.43	26	3:45	252	4:36
Wechsel S -> R	-	3:53	-	23	2:16	223	2:30	0.50	16:13	1.85	26	5:57	202	6:49
Schwimmen 000	0.50	16:13	1.85	26	5:57	202	6:49	0.50	16:13	1.85	26	5:57	202	6:49
Rad netto	20.00	46:34	25.77	25	13:52	247	43:58	20.50	1:02:47	19.59	26	19:30	251	45:12
Wechsel R -> L	-	2:18	-	25	1:42	246	1:49	20.50	1:05:05	18.90	26	20:42	251	45:56
Rad 000	20.00	48:52	24.56	25	14:45	247	44:42	20.50	1:05:05	18.90	26	20:42	251	45:56
Lauf	5.00	22:20	13.43	10	2:21	76	8:34	25.50	1:27:25	17.50	25	23:03	218	46:33