



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Finger, Gerhard

00: Biker Club Speyer

00: 35

00: 25.50 km

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

0000:

Senioren 7 (TM 70)

000: 1:27:21

00000/000: 267 (of 340)

00000/0: 214 (of 251)

000000: 59:47

00000: 3(of 5)

0000000: 1:21:32

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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	13:37	2.20	5	4:37	228	5:53	0.50	13:37	2.20	6	4:37	252	5:53
Wechsel S -> R	-	3:12	-	4	0:37	182	1:49	0.50	16:49	1.78	5	3:31	251	7:25
Schwimmen 000	0.50	16:49	1.78	5	3:31	251	7:25	0.50	16:49	1.78	5	3:31	251	7:25
Rad netto	20.00	39:17	30.55	3	3:11	188	36:41	20.50	56:06	21.93	5	5:51	251	38:31
Wechsel R -> L	-	1:11	-	2	0:23	148	0:42	20.50	57:17	21.47	5	5:49	251	38:08
Rad 000	20.00	40:28	29.65	3	3:05	185	36:18	20.50	57:17	21.47	5	5:49	251	38:08
Lauf	5.00	30:04	9.98	4	2:43	227	16:18	25.50	1:27:21	17.52	4	8:16	217	46:29