



12. Lorsche Triathlon

Lorsch / 02.08.2015

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Schleifer, Michael

000: 1:33:20

00: LLG Wonnegau

00: 6

00: 25.50 km

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

00000/000: 309 (of 340)

00000/0: 238 (of 251)

000000: 59:47

0000:

00000: 38(of 40)

Senioren 1 (TM 40)

0000000: 1:03:03

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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	16:16	1.84	40	7:41	249	8:32	0.50	16:16	1.84	41	7:41	252	8:32	
Wechsel S -> R	-	2:52	-	26	1:25	148	1:29	0.50	19:08	1.57	38	8:47	251	9:44	
Schwimmen 000	0.50	19:08	1.57	38	8:47	251	9:44	0.50	19:08	1.57	38	8:47	251	9:44	
Rad netto	20.00	42:11	28.45	36	11:10	228	39:35	20.50	1:01:19	20.06	41	19:09	251	43:44	
Wechsel R -> L	-	2:13	-	40	1:42	244	1:44	20.50	1:03:32	19.36	41	20:51	251	44:23	
Rad 000	20.00	44:24	27.03	38	12:38	233	40:14	20.50	1:03:32	19.36	41	20:51	251	44:23	
Lauf	5.00	29:48	10.07	38	12:07	224	16:02	25.50	1:33:20	16.39	38	30:17	241	52:28	