



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Heydasch, Marcus

000: 1:08:41

00: 16

00: 25.50 km

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

0000:

Senioren 1 (TM 40)

00000/000: 36 (of 340)

00000/0: 34 (of 251)

000000: 59:47

00000: 7(of 40)

0000000: 1:03:03

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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	9:15	3.24	4	0:40	31	1:31	0.50	9:15	3.24	41	0:40	252	1:31
Wechsel S -> R	-	2:00	-	9	0:33	44	0:37	0.50	11:15	2.67	6	0:54	251	1:51
Schwimmen 000	0.50	11:15	2.67	6	0:54	251	1:51	0.50	11:15	2.67	6	0:54	251	1:51
Rad netto	20.00	34:31	34.77	9	3:30	49	31:55	20.50	45:46	26.88	41	3:36	251	28:11
Wechsel R -> L	-	0:48	-	15	0:17	56	0:19	20.50	46:34	26.41	41	3:53	251	27:25
Rad 000	20.00	35:19	33.98	9	3:33	44	31:09	20.50	46:34	26.41	41	3:53	251	27:25
Lauf	5.00	22:07	13.56	15	4:26	68	8:21	25.50	1:08:41	22.28	7	5:38	35	27:49