



12. Lorsche Triathlon

Lorsch / 02.08.2015

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Dechant, Danny

000: 1:14:50

00: Team BODY-ATTACK

00: 66

00: 25.50 km

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

00000/000: 109 (of 340)

00000/0: 9 (of 89)

000000: 1:03:53

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00000: 1(of 10)

weibliche AK 4 (TW 35)

0000000: 1:14:50

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	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Schwimmen nett	0.50	11:20	2.65	1	-	28	4:34	0.50	11:20	2.65	1	-	28	4:34
Wechsel S -> R	-	1:40	-	1	-	2	0:10	0.50	13:00	2.31	1	-	13	4:44
Schwimmen 000	0.50	13:00	2.31	1	-	13	4:44	0.50	13:00	2.31	1	-	13	4:44
Rad netto	20.00	36:45	32.65	1	-	8	8:26	20.50	49:45	24.72	1	-	8	5:42
Wechsel R -> L	-	0:55	-	5	0:16	24	0:25	20.50	50:40	24.28	1	-	8	6:07
Rad 000	20.00	37:40	31.86	1	-	8	8:01	20.50	50:40	24.28	1	-	8	6:07
Lauf	5.00	24:10	12.41	2	0:12	16	4:50	25.50	1:14:50	20.45	1	-	11	10:57