



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Ludwig, Franz

000: 1:15:03

00: NAVECO Betschdorf

00: 92

00: 25.50 km

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

00000/000: 114 (of 340)

00000/0: 10 (of 89)

000000: 1:03:53

0000:

00000: 1(of 11)

weibliche AK 2 (TW 25)

0000000: 1:15:03

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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	8:54	3.37	1	-	4	2:08	0.50	8:54	3.37	1	-	4	2:08
Wechsel S -> R	-	2:14	-	2	0:17	13	0:44	0.50	11:08	2.69	1	-	3	2:52
Schwimmen 000	0.50	11:08	2.69	1	-	3	2:52	0.50	11:08	2.69	1	-	3	2:52
Rad netto	20.00	38:42	31.01	1	-	20	10:23	20.50	49:50	24.68	1	-	10	5:47
Wechsel R -> L	-	0:55	-	5	0:18	24	0:25	20.50	50:45	24.24	1	-	10	6:12
Rad 000	20.00	39:37	30.29	2	0:08	20	9:58	20.50	50:45	24.24	1	-	10	6:12
Lauf	5.00	24:18	12.35	3	1:30	19	4:58	25.50	1:15:03	20.39	1	-	12	11:10