



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Beikert, Michael

000: 1:38:13

00: 8

00: 25.50 km

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

00000/000: 326 (of 340)

00000/0: 244 (of 251)

000000: 59:47

0000:

00000: 39(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	13:19	2.25	34	4:44	217	5:35	0.50	13:19	2.25	41	4:44	218	5:35	
Wechsel S -> R	-	4:46	-	40	3:19	244	3:23	0.50	18:05	1.66	36	7:44	251	8:41	
Schwimmen 000	0.50	18:05	1.66	36	7:44	251	8:41	0.50	18:05	1.66	36	7:44	251	8:41	
Rad netto	20.00	49:38	24.18	40	18:37	249	47:02	20.50	1:07:43	18.16	41	25:33	251	50:08	
Wechsel R -> L	-	1:21	-	33	0:50	188	0:52	20.50	1:09:04	17.81	41	26:23	251	49:55	
Rad 000	20.00	50:59	23.54	40	19:13	249	46:49	20.50	1:09:04	17.81	41	26:23	251	49:55	
Lauf	5.00	29:09	10.29	37	11:28	218	15:23	25.50	1:38:13	15.58	39	35:10	247	57:21	