



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Fabian, Ralf

000: 1:02:45

00: SSG Bensheim

00: 118

00: 25.50 km

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

00000/000: 6 (of 340)

00000/0: 6 (of 251)

000000: 59:47

0000:

00000: 1(of 37)

Senioren 3 (TM 50)

0000000: 1:02:45

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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	8:16	3.63	1	-	4	0:32	0.50	8:16	3.63	1	-	-	252	0:32
Wechsel S -> R	-	1:28	-	1	-	4	0:05	0.50	9:44	3.08	1	-	-	251	0:20
Schwimmen 000	0.50	9:44	3.08	1	-	251	0:20	0.50	9:44	3.08	1	-	-	251	0:20
Rad netto	20.00	32:33	36.87	2	0:27	10	29:57	20.50	42:17	29.09	38	0:12	-	251	24:42
Wechsel R -> L	-	0:53	-	11	0:19	80	0:24	20.50	43:10	28.49	38	0:31	-	251	24:01
Rad 000	20.00	33:26	35.89	2	0:46	11	29:16	20.50	43:10	28.49	38	0:31	-	251	24:01
Lauf	5.00	19:35	15.32	2	1:19	16	5:49	25.50	1:02:45	24.38	1	-	-	7	21:53