



12. Lorsche Triathlon

Lorsch / 02.08.2015

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Riffel, Marcus

000: 1:09:42

00: 19

00: 25.50 km

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

00000/000: 44 (of 340)

00000/0: 42 (of 251)

000000: 59:47

0000:

00000: 9(of 40)

Senioren 1 (TM 40)

0000000: 1:03:03

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	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	8:36	3.49	2	0:01	12	0:52	0.50	8:36	3.49	41	0:01	252	0:52
Wechsel S -> R	-	1:45	-	3	0:18	20	0:22	0.50	10:21	2.90	1	-	251	0:57
Schwimmen 000	0.50	10:21	2.90	1	-	251	0:57	0.50	10:21	2.90	1	-	251	0:57
Rad netto	20.00	35:08	34.16	11	4:07	60	32:32	20.50	45:29	27.04	41	3:19	251	27:54
Wechsel R -> L	-	0:49	-	16	0:18	67	0:20	20.50	46:18	26.57	41	3:37	251	27:09
Rad 000	20.00	35:57	33.38	11	4:11	55	31:47	20.50	46:18	26.57	41	3:37	251	27:09
Lauf	5.00	23:24	12.82	22	5:43	108	9:38	25.50	1:09:42	21.95	9	6:39	43	28:50