



# 12. Lorsch Triathlon

Lorsch / 02.08.2015

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Werner, Torsten

000: 1:03:03

00: 133

00: 25.50 km

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

00000/000: 7 (of 340)

00000/0: 7 (of 251)

000000: 59:47

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Senioren 1 (TM 40)

00000: 1(of 40)

0000000: 1:03:03

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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	8:35	3.50	1	-	10	0:51	0.50	8:35	3.50	1	-	11	0:51
Wechsel S -> R	-	2:00	-	9	0:33	44	0:37	0.50	10:35	2.83	41	0:14	251	1:11
Schwimmen 000	0.50	10:35	2.83	41	0:14	251	1:11	0.50	10:35	2.83	41	0:14	251	1:11
Rad netto	20.00	31:39	37.91	3	0:38	8	29:03	20.50	42:14	29.12	41	0:04	251	24:39
Wechsel R -> L	-	0:43	-	8	0:12	33	0:14	20.50	42:57	28.64	41	0:16	251	23:48
Rad 000	20.00	32:22	37.08	3	0:36	8	28:12	20.50	42:57	28.64	41	0:16	251	23:48
Lauf	5.00	20:06	14.93	5	2:25	24	6:20	25.50	1:03:03	24.27	1	-	8	22:11