



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Werner, Ulrich

000: 1:08:50

00: 108

00: 25.50 km

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

00000/000: 37 (of 340)

00000/0: 35 (of 251)

000000: 59:47

0000:

00000: 5(of 47)

Senioren 2 (TM 45)

0000000: 1:02:16

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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	9:59	3.01	15	1:38	72	2:15	0.50	9:59	3.01	48	1:38	252	2:15
Wechsel S -> R	-	2:16	-	16	0:46	74	0:53	0.50	12:15	2.45	48	2:24	251	2:51
Schwimmen 000	0.50	12:15	2.45	48	2:24	251	2:51	0.50	12:15	2.45	48	2:24	251	2:51
Rad netto	20.00	35:54	33.43	18	33:18	79	33:18	20.50	48:09	25.55	48	30:34	251	30:34
Wechsel R -> L	-	1:04	-	15	0:34	118	0:35	20.50	49:13	24.99	48	30:04	251	30:04
Rad 000	20.00	36:58	32.46	18	32:48	79	32:48	20.50	49:13	24.99	48	30:04	251	30:04
Lauf	5.00	19:37	15.29	4	0:52	17	5:51	25.50	1:08:50	22.23	6	27:58	36	27:58