



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Niebergall, Michael

000: 1:18:03

00: 144

00: 25.50 km

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

00000/000: 156 (of 336)

00000/0: 136 (of 240)

000000: 1:01:20

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Senioren 3 (TM 50)

00000: 30(of 42)

0000000: 1:03:43

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	10:53	21:45	19	2:44	114	3:35	0.50	10:53	21:45	43	2:44	241	3:35
Wechsel S -> R	-	3:15	-	33	1:42	179	1:59	0.50	14:08	28:15	43	4:26	241	5:04
Schwimmen 000	0.50	14:08	28:15	43	4:26	241	5:04	0.50	14:08	28:15	43	4:26	241	5:04
Rad netto	20.00	40:16	2:00	37	7:16	186	15:47	20.50	54:24	2:39	43	11:42	241	12:56
Wechsel R -> L	-	1:07	-	23	0:32	133	0:40	20.50	55:31	2:42	43	11:58	241	14:20
Rad 000	20.00	41:23	2:04	36	7:32	182	13:24	20.50	55:31	2:42	43	11:58	241	14:20
Lauf	5.00	22:32	4:30	13	3:08	77	4:54	25.50	1:18:03	3:03	30	14:20	136	16:43