



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Kolb, Gerrit

000: 1:18:25

00: 102

00: 25.50 km

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

00000/000: 165 (of 336)

00000/0: 143 (of 240)

000000: 1:01:20

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männliche AK 3 (TM 30)

00000: 18(of 28)

0000000: 1:01:20

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	11:55	23:49	20	3:45	155	4:37	0.50	11:55	23:49	29	3:45	241	4:37
Wechsel S -> R	-	2:49	-	15	1:07	146	1:33	0.50	14:44	29:27	19	4:29	151	5:40
Schwimmen 000	0.50	14:44	29:27	19	4:29	151	5:40	0.50	14:44	29:27	19	4:29	151	5:40
Rad netto	20.00	38:25	1:55	13	7:39	152	13:56	20.50	53:09	2:35	29	11:00	241	11:41
Wechsel R -> L	-	0:57	-	17	0:20	96	0:30	20.50	54:06	2:38	29	11:20	241	12:55
Rad 000	20.00	39:22	1:58	12	7:59	142	11:23	20.50	54:06	2:38	29	11:20	241	12:55
Lauf	5.00	24:19	4:51	17	5:45	128	6:41	25.50	1:18:25	3:04	18	17:05	143	17:05