



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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**Rohde, Ralf**

000: 1:22:53

00: Kath. Kirchenmusikverein Lampertheim

00: 111

00: 25.50 km

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

00000/000: 217 (of 336)

00000/0: 175 (of 240)

000000: 1:01:20

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Senioren 3 (TM 50)

00000: 37(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	10:18	20:36	14	2:09	87	3:00	0.50	10:18	20:36	43	2:09	241	3:00
Wechsel S -> R	-	3:17	-	34	1:44	183	2:01	0.50	13:35	27:10	43	3:53	241	4:31
Schwimmen 000	0.50	13:35	27:10	43	3:53	241	4:31	0.50	13:35	27:10	43	3:53	241	4:31
Rad netto	20.00	38:07	1:54	30	5:07	145	13:38	20.50	51:42	2:31	43	9:00	241	10:14
Wechsel R -> L	-	1:56	-	42	1:21	228	1:29	20.50	53:38	2:36	43	10:05	241	12:27
Rad 000	20.00	40:03	2:00	32	6:12	161	12:04	20.50	53:38	2:36	43	10:05	241	12:27
Lauf	5.00	29:15	5:50	40	9:51	210	11:37	25.50	1:22:53	3:15	37	19:10	175	21:33