



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Klein, Norbert

000: 1:23:45

00: 101

00: 25.50 km

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

00000/000: 226 (of 336)

00000/0: 178 (of 240)

000000: 1:01:20

0000:

Senioren 5 (TM 60)

00000: 9(of 13)

0000000: 1:06:15

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	13:44	27:27	10	4:18	203	6:26	0.50	13:44	27:27	14	4:18	241	6:26
Wechsel S -> R	-	3:42	-	11	2:17	205	2:26	0.50	17:26	34:52	11	6:25	241	8:22
Schwimmen 000	0.50	17:26	34:52	11	6:25	241	8:22	0.50	17:26	34:52	11	6:25	241	8:22
Rad netto	20.00	38:45	1:56	8	4:52	158	14:16	20.50	56:11	2:44	11	11:17	241	14:43
Wechsel R -> L	-	0:47	-	2	0:04	54	0:20	20.50	56:58	2:46	11	11:17	241	15:47
Rad 000	20.00	39:32	1:58	7	4:52	149	11:33	20.50	56:58	2:46	11	11:17	241	15:47
Lauf	5.00	26:47	5:21	9	8:05	184	9:09	25.50	1:23:45	3:17	9	17:30	178	22:25