



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Tacke, Simon

000: 1:24:06

00: 122

00: 25.50 km

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

00000/000: 228 (of 336)

00000/0: 180 (of 240)

000000: 1:01:20

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männliche AK 3 (TM 30)

00000: 22(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	13:09	26:18	24	4:59	189	5:51	0.50	13:09	26:18	29	4:59	241	5:51
Wechsel S -> R	-	3:02	-	17	1:20	164	1:46	0.50	16:11	32:22	24	5:56	241	7:07
Schwimmen 000	0.50	16:11	32:22	24	5:56	241	7:07	0.50	16:11	32:22	24	5:56	241	7:07
Rad netto	20.00	41:16	2:03	24	10:30	201	16:47	20.50	57:27	2:48	29	15:18	241	15:59
Wechsel R -> L	-	0:38	-	3	0:01	19	0:11	20.50	58:05	2:50	29	15:19	241	16:54
Rad 000	20.00	41:54	2:05	23	10:31	194	13:55	20.50	58:05	2:50	29	15:19	241	16:54
Lauf	5.00	26:01	5:12	22	7:27	166	8:23	25.50	1:24:06	3:17	22	22:46	180	22:46