



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Oswald, Reiner

□□□: 1:11:54

□□: 47

□□: 25.50 km

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

□□□□□/□□□: 81 (of 336)

□□□□□/□: 74 (of 240)

□□□□□□: 1:01:20

□□□□:

männliche AK 4 (TM 35)

□□□□□: 12(of 24)

□□□□□□□: 1:02:39

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:20	22:40	17	3:25	134	4:02	0.50	11:20	22:40	25	3:25	241	4:02	
Wechsel S -> R	-	2:19	-	12	0:43	95	1:03	0.50	13:39	27:18	16	3:02	117	4:35	
Schwimmen □□□	0.50	13:39	27:18	16	3:02	117	4:35	0.50	13:39	27:18	16	3:02	117	4:35	
Rad netto	20.00	34:29	1:43	11	10:00	55	10:00	20.50	48:08	2:20	14	4:21	241	6:40	
Wechsel R -> L	-	0:44	-	7	0:10	38	0:17	20.50	48:52	2:23	13	4:28	241	7:41	
Rad □□□	20.00	35:13	1:45	11	7:14	50	7:14	20.50	48:52	2:23	13	4:28	241	7:41	
Lauf	5.00	23:02	4:36	14	4:47	92	5:24	25.50	1:11:54	2:49	12	9:15	74	10:34	