



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Walter, Christoph

000: 1:05:50

00: Die Hard Triathlon

00: 160

00: 25.50 km

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

00000/000: 21 (of 336)

00000/0: 20 (of 240)

000000: 1:01:20

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männliche AK 3 (TM 30)

00000: 4(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	9:49	19:37	7	1:39	58	2:31	0.50	9:49	19:37	29	1:39	241	2:31
Wechsel S -> R	-	1:47	-	2	0:05	34	0:31	0.50	11:36	23:11	29	1:21	241	2:32
Schwimmen 000	0.50	11:36	23:11	29	1:21	241	2:32	0.50	11:36	23:11	29	1:21	241	2:32
Rad netto	20.00	33:01	1:39	2	2:15	17	8:32	20.50	44:37	2:10	4	2:28	24	3:09
Wechsel R -> L	-	0:40	-	6	0:03	28	0:13	20.50	45:17	2:12	4	2:31	241	4:06
Rad 000	20.00	33:41	1:41	2	2:18	15	5:42	20.50	45:17	2:12	4	2:31	241	4:06
Lauf	5.00	20:33	4:06	6	1:59	27	2:55	25.50	1:05:50	2:34	4	4:30	20	4:30