



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Walter, Dieter

000: 1:26:09

00: 131

00: 25.50 km

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

00000/000: 253 (of 336)

00000/0: 194 (of 240)

000000: 1:01:20

0000:

Senioren 7 (TM 70)

00000: 2(of 5)

0000000: 1:23:59

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	12:39	25:18	3	0:59	175	5:21	0.50	12:39	25:18	6	0:59	241	5:21
Wechsel S -> R	-	2:07	-	1	-	71	0:51	0.50	14:46	29:32	1	-	241	5:42
Schwimmen 000	0.50	14:46	29:32	1	-	241	5:42	0.50	14:46	29:32	1	-	241	5:42
Rad netto	20.00	42:37	2:07	4	3:41	213	18:08	20.50	57:23	2:47	6	3:06	241	15:55
Wechsel R -> L	-	0:41	-	1	-	32	0:14	20.50	58:04	2:49	6	2:36	241	16:53
Rad 000	20.00	43:18	2:09	4	3:11	206	15:19	20.50	58:04	2:49	6	2:36	241	16:53
Lauf	5.00	28:05	5:36	1	-	197	10:27	25.50	1:26:09	3:22	2	2:10	194	24:49