



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Pause, Alexander

000: 1:28:35

00: Einhausen

00: 109

00: 25.50 km

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

00000/000: 274 (of 336)

00000/0: 206 (of 240)

000000: 1:01:20

0000:

Senioren 2 (TM 45)

00000: 34(of 39)

0000000: 1:03:26

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0000

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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	17:48	35:36	39	10:14	239	10:30	0.50	17:48	35:36	40	10:14	241	10:30
Wechsel S -> R	-	3:49	-	34	2:19	206	2:33	0.50	21:37	43:14	40	12:33	241	12:33
Schwimmen 000	0.50	21:37	43:14	40	12:33	241	12:33	0.50	21:37	43:14	40	12:33	241	12:33
Rad netto	20.00	39:50	1:59	31	8:34	179	15:21	20.50	1:01:27	2:59	40	19:28	241	19:59
Wechsel R -> L	-	1:53	-	36	1:26	225	1:26	20.50	1:03:20	3:05	40	20:35	241	22:09
Rad 000	20.00	41:43	2:05	32	9:35	188	13:44	20.50	1:03:20	3:05	40	20:35	241	22:09
Lauf	5.00	25:15	5:02	25	6:23	151	7:37	25.50	1:28:35	3:28	34	25:09	206	27:15