



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Pommeranz, Jörg

000: 1:09:14

00: LG-Riedstadt-Goddelau

00: 190

00: 25.50 km

00000/000: 48 (of 336)

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

00000/0: 47 (of 240)

000000: 1:01:20

0000:

00000: 7(of 42)

Senioren 3 (TM 50)

0000000: 1:03:43

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	10:25	20:49	16	2:16	93	3:07	0.50	10:25	20:49	43	2:16	241	3:07
Wechsel S -> R	-	2:25	-	20	0:52	107	1:09	0.50	12:50	25:40	43	3:08	241	3:46
Schwimmen 000	0.50	12:50	25:40	43	3:08	241	3:46	0.50	12:50	25:40	43	3:08	241	3:46
Rad netto	20.00	34:18	1:42	10	1:18	47	9:49	20.50	47:08	2:17	43	4:26	241	5:40
Wechsel R -> L	-	1:10	-	26	0:35	147	0:43	20.50	48:18	2:21	43	4:45	241	7:07
Rad 000	20.00	35:28	1:46	11	1:37	53	7:29	20.50	48:18	2:21	43	4:45	241	7:07
Lauf	5.00	20:56	4:11	5	1:32	43	3:18	25.50	1:09:14	2:42	7	5:31	47	7:54