



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Hofmann, Sven

000: 1:31:44

00: 132

00: 25.50 km

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

00000/000: 297 (of 336)

00000/0: 222 (of 240)

000000: 1:01:20

0000:

männliche AK 1 (TM 20)

00000: 3(of 4)

0000000: 1:08:57

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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	17:09	34:17	4	6:32	236	9:51	0.50	17:09	34:17	5	6:32	241	9:51
Wechsel S -> R	-	4:00	-	4	1:37	214	2:44	0.50	21:09	42:17	5	8:09	241	12:05
Schwimmen 000	0.50	21:09	42:17	5	8:09	241	12:05	0.50	21:09	42:17	5	8:09	241	12:05
Rad netto	20.00	42:58	2:08	3	7:48	217	18:29	20.50	1:04:07	3:07	5	15:57	241	22:39
Wechsel R -> L	-	1:08	-	4	0:35	142	0:41	20.50	1:05:15	3:10	5	16:19	241	24:04
Rad 000	20.00	44:06	2:12	3	8:10	216	16:07	20.50	1:05:15	3:10	5	16:19	241	24:04
Lauf	5.00	26:29	5:17	2	6:28	177	8:51	25.50	1:31:44	3:35	3	22:47	222	30:24