



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Kripp, Reiner

000: 1:17:21

00: Ludwigshafener Schwimmverein 07

00: 145

00: 25.50 km

00000/000: 139 (of 336)

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

00000/0: 119 (of 240)

000000: 1:01:20

0000:

00000: 25(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	9:21	18:41	6	1:12	38	2:03	0.50	9:21	18:41	43	1:12	241	2:03
Wechsel S -> R	-	2:17	-	16	0:44	89	1:01	0.50	11:38	23:15	43	1:56	241	2:34
Schwimmen 000	0.50	11:38	23:15	43	1:56	241	2:34	0.50	11:38	23:15	43	1:56	241	2:34
Rad netto	20.00	36:34	1:49	22	3:34	105	12:05	20.50	48:12	2:21	43	5:30	241	6:44
Wechsel R -> L	-	1:05	-	20	0:30	124	0:38	20.50	49:17	2:24	43	5:44	241	8:06
Rad 000	20.00	37:39	1:52	20	3:48	104	9:40	20.50	49:17	2:24	43	5:44	241	8:06
Lauf	5.00	28:04	5:36	38	8:40	196	10:26	25.50	1:17:21	3:01	25	13:38	119	16:01