



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Scheler, Thorsten

000: 1:17:46

00: 183

00: 25.50 km

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

00000/000: 146 (of 336)

00000/0: 126 (of 240)

000000: 1:01:20

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männliche AK 3 (TM 30)

00000: 15(of 28)

0000000: 1:01:20

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	12:36	25:11	22	4:26	172	5:18	0.50	12:36	25:11	29	4:26	241	5:18
Wechsel S -> R	-	2:40	-	11	0:58	135	1:24	0.50	15:16	30:32	29	5:01	241	6:12
Schwimmen 000	0.50	15:16	30:32	29	5:01	241	6:12	0.50	15:16	30:32	29	5:01	241	6:12
Rad netto	20.00	38:40	1:55	15	7:54	157	14:11	20.50	53:56	2:37	19	11:47	241	12:28
Wechsel R -> L	-	1:04	-	22	0:27	118	0:37	20.50	55:00	2:40	19	12:14	241	13:49
Rad 000	20.00	39:44	1:59	15	8:21	153	11:45	20.50	55:00	2:40	19	12:14	241	13:49
Lauf	5.00	22:46	4:33	14	4:12	84	5:08	25.50	1:17:46	3:02	15	16:26	126	16:26