



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Harhausen, Marcel

000: 1:21:39

00: 149

00: 25.50 km

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

00000/000: 199 (of 336)

00000/0: 166 (of 240)

000000: 1:01:20

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männliche AK 3 (TM 30)

00000: 19(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	10:17	20:33	11	2:07	84	2:59	0.50	10:17	20:33	29	2:07	241	2:59
Wechsel S -> R	-	3:15	-	22	1:33	179	1:59	0.50	13:32	27:03	29	3:17	241	4:28
Schwimmen 000	0.50	13:32	27:03	29	3:17	241	4:28	0.50	13:32	27:03	29	3:17	241	4:28
Rad netto	20.00	41:13	2:03	23	10:27	199	16:44	20.50	54:45	2:40	21	12:36	241	13:17
Wechsel R -> L	-	0:47	-	11	0:10	54	0:20	20.50	55:32	2:42	20	12:46	241	14:21
Rad 000	20.00	42:00	2:06	24	10:37	196	14:01	20.50	55:32	2:42	20	12:46	241	14:21
Lauf	5.00	26:07	5:13	24	7:33	169	8:29	25.50	1:21:39	3:12	19	20:19	166	20:19