



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Klicks, Sascha

000: 1:22:37

00: 161

00: 25.50 km

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

00000/000: 212 (of 336)

00000/0: 171 (of 240)

000000: 1:01:20

0000:

männliche AK 3 (TM 30)

00000: 21(of 28)

0000000: 1:01:20

0000

0000

000

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	14:19	28:37	27	6:09	210	7:01	0.50	14:19	28:37	29	6:09	241	7:01
Wechsel S -> R	-	3:09	-	21	1:27	176	1:53	0.50	17:28	34:55	29	7:13	241	8:24
Schwimmen 000	0.50	17:28	34:55	29	7:13	241	8:24	0.50	17:28	34:55	29	7:13	241	8:24
Rad netto	20.00	42:06	2:06	25	11:20	208	17:37	20.50	59:34	2:54	26	17:25	241	18:06
Wechsel R -> L	-	0:37	-	1	-	14	0:10	20.50	1:00:11	2:56	26	17:25	241	19:00
Rad 000	20.00	42:43	2:08	25	11:20	201	14:44	20.50	1:00:11	2:56	26	17:25	241	19:00
Lauf	5.00	22:26	4:29	11	3:52	74	4:48	25.50	1:22:37	3:14	21	21:17	171	21:17