



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Kühnle, Dirk

000: 1:23:39

00: 169

00: 25.50 km

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

00000/000: 225 (of 336)

00000/0: 177 (of 240)

000000: 1:01:20

0000:

Senioren 1 (TM 40)

00000: 25(of 31)

0000000: 1:02:45

0000

0000

000

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	14:47	29:33	29	6:50	216	7:29	0.50	14:47	29:33	32	6:50	241	7:29
Wechsel S -> R	-	3:17	-	26	1:55	183	2:01	0.50	18:04	36:07	32	8:27	213	9:00
Schwimmen 000	0.50	18:04	36:07	32	8:27	213	9:00	0.50	18:04	36:07	32	8:27	213	9:00
Rad netto	20.00	39:06	1:57	24	7:01	163	14:37	20.50	57:10	2:47	32	13:09	241	15:42
Wechsel R -> L	-	1:21	-	25	0:51	174	0:54	20.50	58:31	2:51	32	17:20	241	17:20
Rad 000	20.00	40:27	2:01	23	7:51	168	12:28	20.50	58:31	2:51	32	17:20	241	17:20
Lauf	5.00	25:08	5:01	21	7:17	149	7:30	25.50	1:23:39	3:16	25	20:54	177	22:19