



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Schoch, Christian

000: 1:04:58

00: 211

00: 25.50 km

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

00000/000: 17 (of 336)

00000/0: 16 (of 240)

000000: 1:01:20

0000:

männliche AK 4 (TM 35)

00000: 3(of 24)

0000000: 1:02:39

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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	9:44	19:27	10	1:49	56	2:26	0.50	9:44	19:27	25	1:49	241	2:26
Wechsel S -> R	-	1:36	-	1	-	8	0:20	0.50	11:20	22:40	25	0:43	37	2:16
Schwimmen 000	0.50	11:20	22:40	25	0:43	37	2:16	0.50	11:20	22:40	25	0:43	37	2:16
Rad netto	20.00	32:36	1:37	4	8:07	10	8:07	20.50	43:56	2:08	25	0:09	241	2:28
Wechsel R -> L	-	0:34	-	1	-	9	0:07	20.50	44:30	2:10	25	0:06	12	3:19
Rad 000	20.00	33:10	1:39	3	5:11	10	5:11	20.50	44:30	2:10	25	0:06	12	3:19
Lauf	5.00	20:28	4:05	5	2:13	26	2:50	25.50	1:04:58	2:32	3	2:19	16	3:38