



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Crnjak, Markus

000: 1:05:59

00: 236

00: 25.50 km

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

00000/000: 23 (of 336)

00000/0: 22 (of 240)

000000: 1:01:20

0000:

Senioren 1 (TM 40)

00000: 3(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	10:00	20:00	7	2:03	65	2:42	0.50	10:00	20:00	32	2:03	241	2:42
Wechsel S -> R	-	1:40	-	3	0:18	12	0:24	0.50	11:40	23:19	32	2:03	49	2:36
Schwimmen 000	0.50	11:40	23:19	32	2:03	49	2:36	0.50	11:40	23:19	32	2:03	49	2:36
Rad netto	20.00	34:18	1:42	4	2:13	47	9:49	20.50	45:58	2:14	32	1:57	241	4:30
Wechsel R -> L	-	0:39	-	4	0:09	24	0:12	20.50	46:37	2:16	6	5:26	36	5:26
Rad 000	20.00	34:57	1:44	4	2:21	41	6:58	20.50	46:37	2:16	6	5:26	36	5:26
Lauf	5.00	19:22	3:52	3	1:31	12	1:44	25.50	1:05:59	2:35	3	3:14	22	4:39