



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Wachtel, Charly

000: 1:11:32

00: 234

00: 25.50 km

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

00000/000: 77 (of 336)

00000/0: 70 (of 240)

000000: 1:01:20

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Senioren 4 (TM 55)

00000: 1(of 20)

0000000: 1:11:32

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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	10:24	20:48	3	0:16	90	3:06	0.50	10:24	20:48	21	0:16	241	3:06
Wechsel S -> R	-	2:15	-	3	0:35	84	0:59	0.50	12:39	25:18	21	0:03	85	3:35
Schwimmen 000	0.50	12:39	25:18	21	0:03	85	3:35	0.50	12:39	25:18	21	0:03	85	3:35
Rad netto	20.00	33:40	1:40	1	-	28	9:11	20.50	46:19	2:15	1	-	241	4:51
Wechsel R -> L	-	0:56	-	3	0:09	91	0:29	20.50	47:15	2:18	1	-	50	6:04
Rad 000	20.00	34:36	1:43	1	-	29	6:37	20.50	47:15	2:18	1	-	50	6:04
Lauf	5.00	24:17	4:51	1	-	126	6:39	25.50	1:11:32	2:48	1	-	70	10:12