



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Schüttler, Thomas

□□□: 25:11:34

□□: Athletes for Charity

□□: 229

□□: 25.50 km

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

□□□□□/□□□: 336 (of 336)

□□□□□/□: 240 (of 240)

□□□□□□: 1:01:20

□□□□:

Senioren 1 (TM 40)

□□□□□: 31(of 31)

□□□□□□□: 1:02:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	10:03	20:06	8	2:06	70	2:45	0.50	10:03	20:06	32	2:06	241	2:45
Wechsel S -> R	-	1:56	-	9	0:34	52	0:40	0.50	11:59	23:57	32	2:22	60	2:55
Schwimmen □□□	0.50	11:59	23:57	32	2:22	60	2:55	0.50	11:59	23:57	32	2:22	60	2:55
Rad netto	20.00	35:09	1:45	12	3:04	71	10:40	20.50	47:08	2:17	32	3:07	241	5:40
Wechsel R -> L	-	23:54:03	-	31	23:53:33	240	23:53:36	20.50	24:41:11	72:15	32	24:00:00	241	24:00:00
Rad □□□	20.00	24:29:12	73:27	31	23:56:36	240	24:01:13	20.50	24:41:11	72:15	32	24:00:00	241	24:00:00
Lauf	5.00	30:23	6:04	28	12:32	216	12:45	25.50	25:11:34	59:16	31	24:08:49	240	24:10:14