



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 |