



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Trometer, Reiner

000: 1:33:10

00: 174

00: 25.50 km

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

00000/000: 302 (of 336)

00000/0: 225 (of 240)

000000: 1:01:20

0000:

Senioren 4 (TM 55)

00000: 18(of 20)

0000000: 1:11:32

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0000

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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	14:47	29:33	18	4:39	216	7:29	0.50	14:47	29:33	21	4:39	241	7:29
Wechsel S -> R	-	4:21	-	17	2:41	227	3:05	0.50	19:08	38:15	21	6:32	241	10:04
Schwimmen 000	0.50	19:08	38:15	21	6:32	241	10:04	0.50	19:08	38:15	21	6:32	241	10:04
Rad netto	20.00	42:01	2:06	19	8:21	207	17:32	20.50	1:01:09	2:58	21	14:50	241	19:41
Wechsel R -> L	-	1:24	-	10	0:37	184	0:57	20.50	1:02:33	3:03	21	15:18	241	21:22
Rad 000	20.00	43:25	2:10	19	8:49	207	15:26	20.50	1:02:33	3:03	21	15:18	241	21:22
Lauf	5.00	30:37	6:07	17	6:20	219	12:59	25.50	1:33:10	3:39	18	21:38	225	31:50