



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Schöppe, Thorsten

000: 1:34:40

00: 148

00: 25.50 km

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

00000/000: 310 (of 336)

00000/0: 230 (of 240)

000000: 1:01:20

0000:

männliche AK 1 (TM 20)

00000: 4(of 4)

0000000: 1:08:57

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	12:41	25:22	3	2:04	176	5:23	0.50	12:41	25:22	5	2:04	241	5:23
Wechsel S -> R	-	3:07	-	2	0:44	174	1:51	0.50	15:48	31:36	5	2:48	241	6:44
Schwimmen 000	0.50	15:48	31:36	5	2:48	241	6:44	0.50	15:48	31:36	5	2:48	241	6:44
Rad netto	20.00	47:03	2:21	4	11:53	233	22:34	20.50	1:02:51	3:03	5	14:41	241	21:23
Wechsel R -> L	-	0:33	-	1	-	7	0:06	20.50	1:03:24	3:05	5	14:28	241	22:13
Rad 000	20.00	47:36	2:22	4	11:40	231	19:37	20.50	1:03:24	3:05	5	14:28	241	22:13
Lauf	5.00	31:16	6:15	4	11:15	221	13:38	25.50	1:34:40	3:42	4	25:43	230	33:20