



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Schüttler, Stephan

□□□: 1:16:03

□□: Athletes for Charity

□□: 227

□□: 25.50 km

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

□□□□□/□□□: 127 (of 336)

□□□□□/□: 111 (of 240)

□□□□□□: 1:01:20

□□□□:

Senioren 2 (TM 45)

□□□□□: 21(of 39)

□□□□□□□: 1:03:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	10:52	21:44	19	3:18	112	3:34	0.50	10:52	21:44	19	3:18	241	3:34
Wechsel S -> R	-	2:18	-	14	0:48	92	1:02	0.50	13:10	26:19	18	4:06	105	4:06
Schwimmen □□□	0.50	13:10	26:19	18	4:06	105	4:06	0.50	13:10	26:19	18	4:06	105	4:06
Rad netto	20.00	37:47	1:53	26	6:31	134	13:18	20.50	50:57	2:29	40	8:58	241	9:29
Wechsel R -> L	-	1:01	-	15	0:34	108	0:34	20.50	51:58	2:32	22	9:13	114	10:47
Rad □□□	20.00	38:48	1:56	26	6:40	130	10:49	20.50	51:58	2:32	22	9:13	114	10:47
Lauf	5.00	24:05	4:48	21	5:13	118	6:27	25.50	1:16:03	2:58	21	12:37	111	14:43