



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Matusch, Marc

000: 1:17:23

00: 212

00: 25.50 km

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

00000/000: 141 (of 336)

00000/0: 121 (of 240)

000000: 1:01:20

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männliche AK 3 (TM 30)

00000: 14(of 28)

0000000: 1:01:20

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	11:06	22:11	17	2:56	125	3:48	0.50	11:06	22:11	29	2:56	241	3:48
Wechsel S -> R	-	2:46	-	13	1:04	141	1:30	0.50	13:52	27:44	29	3:37	126	4:48
Schwimmen 000	0.50	13:52	27:44	29	3:37	126	4:48	0.50	13:52	27:44	29	3:37	126	4:48
Rad netto	20.00	38:28	1:55	14	7:42	155	13:59	20.50	52:20	2:33	29	10:11	241	10:52
Wechsel R -> L	-	1:03	-	21	0:26	114	0:36	20.50	53:23	2:36	29	10:37	134	12:12
Rad 000	20.00	39:31	1:58	13	8:08	147	11:32	20.50	53:23	2:36	29	10:37	134	12:12
Lauf	5.00	24:00	4:47	16	5:26	117	6:22	25.50	1:17:23	3:02	14	16:03	121	16:03