



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Gutschalk, Andre

000: 1:18:01

00: 197

00: 25.50 km

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

00000/000: 154 (of 336)

00000/0: 133 (of 240)

000000: 1:01:20

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männliche AK 4 (TM 35)

00000: 20(of 24)

0000000: 1:02:39

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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	12:16	24:32	19	4:21	163	4:58	0.50	12:16	24:32	25	4:21	241	4:58
Wechsel S -> R	-	2:20	-	13	0:44	96	1:04	0.50	14:36	29:11	25	3:59	145	5:32
Schwimmen 000	0.50	14:36	29:11	25	3:59	145	5:32	0.50	14:36	29:11	25	3:59	145	5:32
Rad netto	20.00	37:11	1:51	18	12:42	120	12:42	20.50	51:47	2:31	25	8:00	241	10:19
Wechsel R -> L	-	0:48	-	11	0:14	59	0:21	20.50	52:35	2:33	25	8:11	118	11:24
Rad 000	20.00	37:59	1:53	17	10:00	112	10:00	20.50	52:35	2:33	25	8:11	118	11:24
Lauf	5.00	25:26	5:05	21	7:11	156	7:48	25.50	1:18:01	3:03	20	15:22	133	16:41