



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Reinecker, Andreas

□□□: 1:03:02

□□: RSV Edelweiß Oberhausen

□□: 46

□□: 25.50 km

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

□□□□□/□□□: 6 (of 336)

□□□□□/□: 6 (of 240)

□□□□□□: 1:01:20

□□□□:

Senioren 1 (TM 40)

□□□□□: 2(of 31)

□□□□□□□: 1:02:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	9:41	19:22	6	1:44	52	2:23	0.50	9:41	19:22	32	1:44	241	2:23
Wechsel S -> R	-	1:39	-	2	0:17	9	0:23	0.50	11:20	22:40	32	1:43	37	2:16
Schwimmen □□□	0.50	11:20	22:40	32	1:43	37	2:16	0.50	11:20	22:40	32	1:43	37	2:16
Rad netto	20.00	32:41	1:38	2	0:36	13	8:12	20.50	44:01	2:08	1	-	241	2:33
Wechsel R -> L	-	0:46	-	8	0:16	46	0:19	20.50	44:47	2:11	32	3:36	241	3:36
Rad □□□	20.00	33:27	1:40	2	0:51	11	5:28	20.50	44:47	2:11	32	3:36	241	3:36
Lauf	5.00	18:15	3:38	2	0:24	4	0:37	25.50	1:03:02	2:28	2	0:17	6	1:42