



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Barth, Gerhard

000: 1:13:57

00: SG Stern Mannheim

00: 18

00: 25.50 km

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

00000/000: 106 (of 336)

00000/0: 94 (of 240)

000000: 1:01:20

0000:

Senioren 5 (TM 60)

00000: 3(of 13)

0000000: 1:06:15

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	10:33	21:06	4	1:07	100	3:15	0.50	10:33	21:06	4	1:07	241	3:15
Wechsel S -> R	-	1:40	-	2	0:15	12	0:24	0.50	12:13	24:26	14	1:12	241	3:09
Schwimmen 000	0.50	12:13	24:26	14	1:12	241	3:09	0.50	12:13	24:26	14	1:12	241	3:09
Rad netto	20.00	35:18	1:45	2	1:25	76	10:49	20.50	47:31	2:19	14	2:37	241	6:03
Wechsel R -> L	-	0:43	-	1	-	36	0:16	20.50	48:14	2:21	14	2:33	241	7:03
Rad 000	20.00	36:01	1:48	2	1:21	69	8:02	20.50	48:14	2:21	14	2:33	241	7:03
Lauf	5.00	25:43	5:08	8	7:01	162	8:05	25.50	1:13:57	2:53	3	7:42	94	12:37