



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Müller, Sebastian

000: 1:24:23

00: 205

00: 25.50 km

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

00000/000: 232 (of 336)

00000/0: 182 (of 240)

000000: 1:01:20

0000:

männliche AK 3 (TM 30)

00000: 23(of 28)

0000000: 1:01:20

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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	12:41	25:22	23	4:31	176	5:23	0.50	12:41	25:22	29	4:31	241	5:23
Wechsel S -> R	-	3:06	-	20	1:24	172	1:50	0.50	15:47	31:33	29	5:32	173	6:43
Schwimmen 000	0.50	15:47	31:33	29	5:32	173	6:43	0.50	15:47	31:33	29	5:32	173	6:43
Rad netto	20.00	43:01	2:09	26	12:15	219	18:32	20.50	58:48	2:52	29	16:39	241	17:20
Wechsel R -> L	-	0:40	-	6	0:03	28	0:13	20.50	59:28	2:54	29	16:42	205	18:17
Rad 000	20.00	43:41	2:11	26	12:18	210	15:42	20.50	59:28	2:54	29	16:42	205	18:17
Lauf	5.00	24:55	4:59	20	6:21	142	7:17	25.50	1:24:23	3:18	23	23:03	182	23:03