



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Tamkan, Cem Joachim

000: 1:44:37

00: 181

00: 25.50 km

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

00000/000: 324 (of 336)

00000/0: 236 (of 240)

000000: 1:01:20

0000:

Senioren 3 (TM 50)

00000: 42(of 42)

0000000: 1:03:43

0000

0000

000

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	13:37	27:14	36	5:28	200	6:19	0.50	13:37	27:14	43	5:28	241	6:19
Wechsel S -> R	-	3:49	-	40	2:16	206	2:33	0.50	17:26	34:52	43	7:44	241	8:22
Schwimmen 000	0.50	17:26	34:52	43	7:44	241	8:22	0.50	17:26	34:52	43	7:44	241	8:22
Rad netto	20.00	46:09	2:18	41	13:09	232	21:40	20.50	1:03:35	3:06	43	20:53	241	22:07
Wechsel R -> L	-	1:27	-	39	0:52	192	1:00	20.50	1:05:02	3:10	43	21:29	241	23:51
Rad 000	20.00	47:36	2:22	41	13:45	232	19:37	20.50	1:05:02	3:10	43	21:29	241	23:51
Lauf	5.00	39:35	7:55	42	20:11	239	21:57	25.50	1:44:37	4:06	42	40:54	236	43:17