



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Friedrich, Kai

000: 1:04:50

00: 282

00: 25.50 km

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

00000/000: 16 (of 336)

00000/0: 15 (of 240)

000000: 1:01:20

0000:

männliche AK 4 (TM 35)

00000: 2(of 24)

0000000: 1:02:39

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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	9:04	18:07	3	1:09	28	1:46	0.50	9:04	18:07	3	1:09	241	1:46
Wechsel S -> R	-	1:49	-	6	0:13	37	0:33	0.50	10:53	21:45	25	0:16	241	1:49
Schwimmen 000	0.50	10:53	21:45	25	0:16	241	1:49	0.50	10:53	21:45	25	0:16	241	1:49
Rad netto	20.00	33:35	1:40	8	9:06	26	9:06	20.50	44:28	2:10	25	0:41	241	3:00
Wechsel R -> L	-	0:37	-	3	0:03	14	0:10	20.50	45:05	2:11	25	0:41	21	3:54
Rad 000	20.00	34:12	1:42	8	6:13	25	6:13	20.50	45:05	2:11	25	0:41	21	3:54
Lauf	5.00	19:45	3:57	3	1:30	16	2:07	25.50	1:04:50	2:32	2	2:11	15	3:30