



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Krüger, Uwe

000: 1:06:53

00: VFR Hettenleidelheim

00: 263

00: 25.50 km

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

00000/000: 30 (of 336)

00000/0: 29 (of 240)

000000: 1:01:20

0000:

Senioren 2 (TM 45)

00000: 3(of 39)

0000000: 1:03:26

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	9:56	19:52	13	2:22	63	2:38	0.50	9:56	19:52	40	2:22	241	2:38
Wechsel S -> R	-	1:52	-	6	0:22	42	0:36	0.50	11:48	23:36	40	2:44	55	2:44
Schwimmen 000	0.50	11:48	23:36	40	2:44	55	2:44	0.50	11:48	23:36	40	2:44	55	2:44
Rad netto	20.00	34:06	1:42	9	2:50	43	9:37	20.50	45:54	2:14	40	3:55	241	4:26
Wechsel R -> L	-	1:01	-	15	0:34	108	0:34	20.50	46:55	2:17	40	4:10	241	5:44
Rad 000	20.00	35:07	1:45	8	2:59	47	7:08	20.50	46:55	2:17	40	4:10	241	5:44
Lauf	5.00	19:58	3:59	3	1:06	18	2:20	25.50	1:06:53	2:37	3	3:27	29	5:33