



13. Lorsche Triathlon

Lorsch / 14.08.2016

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Herrmann, Christoph

000: 1:17:59

00: 23

00: 25.50 km

Lorsche Triathlon 0,5-20,0-5,0

00000/000: 150 (of 336)

00000/0: 130 (of 240)

000000: 1:01:20

0000:

männliche AK 2 (TM 25)

00000: 13(of 16)

0000000: 1:01:54

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	11:54	23:48	16	4:36	152	4:36	0.50	11:54	23:48	17	4:36	241	4:36
Wechsel S -> R	-	3:11	-	16	1:50	177	1:55	0.50	15:05	30:10	17	5:43	241	6:01
Schwimmen 000	0.50	15:05	30:10	17	5:43	241	6:01	0.50	15:05	30:10	17	5:43	241	6:01
Rad netto	20.00	39:27	1:58	13	7:44	172	14:58	20.50	54:32	2:39	17	13:04	241	13:04
Wechsel R -> L	-	1:04	-	13	0:33	118	0:37	20.50	55:36	2:42	17	13:09	241	14:25
Rad 000	20.00	40:31	2:01	13	7:54	169	12:32	20.50	55:36	2:42	17	13:09	241	14:25
Lauf	5.00	22:23	4:28	10	4:45	73	4:45	25.50	1:17:59	3:03	13	16:05	130	16:39