



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Stanislaus, Alexander

□□□: 1:28:01

□□: ESV Ludwigshafen

□□: 239

□□: 25.50 km

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

□□□□□/□□□: 268 (of 336)

□□□□□/□: 203 (of 240)

□□□□□□: 1:01:20

□□□□:

Senioren 2 (TM 45)

□□□□□: 33(of 39)

□□□□□□□: 1:03:26

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 11:25 | 22:49 | 22 | 3:51 | 135 | 4:07 | 0.50 | 11:25 | 22:49 | 22 | 3:51 | 241 | 4:07 |
| Wechsel S -> R | - | 4:30 | - | 37 | 3:00 | 228 | 3:14 | 0.50 | 15:55 | 31:49 | 28 | 6:51 | 179 | 6:51 |
| Schwimmen □□□ | 0.50 | 15:55 | 31:49 | 28 | 6:51 | 179 | 6:51 | 0.50 | 15:55 | 31:49 | 28 | 6:51 | 179 | 6:51 |
| Rad netto | 20.00 | 41:48 | 2:05 | 34 | 10:32 | 205 | 17:19 | 20.50 | 57:43 | 2:48 | 40 | 15:44 | 241 | 16:15 |
| Wechsel R -> L | - | 2:06 | - | 38 | 1:39 | 231 | 1:39 | 20.50 | 59:49 | 2:55 | 33 | 17:04 | 208 | 18:38 |
| Rad □□□ | 20.00 | 43:54 | 2:11 | 35 | 11:46 | 214 | 15:55 | 20.50 | 59:49 | 2:55 | 33 | 17:04 | 208 | 18:38 |
| Lauf | 5.00 | 28:12 | 5:38 | 31 | 9:20 | 199 | 10:34 | 25.50 | 1:28:01 | 3:27 | 33 | 24:35 | 203 | 26:41 |