



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Müller, Heiko

000: 1:28:35

00: 232

00: 25.50 km

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

00000/000: 275 (of 336)

00000/0: 206 (of 240)

000000: 1:01:20

0000:

Senioren 2 (TM 45)

00000: 34(of 39)

0000000: 1:03:26

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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	17:23	34:45	38	9:49	238	10:05	0.50	17:23	34:45	38	9:49	241	10:05
Wechsel S -> R	-	4:05	-	36	2:35	218	2:49	0.50	21:28	42:55	38	12:24	237	12:24
Schwimmen 000	0.50	21:28	42:55	38	12:24	237	12:24	0.50	21:28	42:55	38	12:24	237	12:24
Rad netto	20.00	42:52	2:08	35	11:36	215	18:23	20.50	1:04:20	3:08	40	22:21	241	22:52
Wechsel R -> L	-	1:36	-	32	1:09	207	1:09	20.50	1:05:56	3:12	38	23:11	232	24:45
Rad 000	20.00	44:28	2:13	36	12:20	218	16:29	20.50	1:05:56	3:12	38	23:11	232	24:45
Lauf	5.00	22:39	4:31	18	3:47	82	5:01	25.50	1:28:35	3:28	34	25:09	206	27:15