



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Brenner, Marcel

000: 1:29:23

00: 238

00: 25.50 km

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

00000/000: 279 (of 336)

00000/0: 210 (of 240)

000000: 1:01:20

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männliche AK 3 (TM 30)

00000: 28(of 28)

0000000: 1:01:20

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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	14:47	29:33	28	6:37	216	7:29	0.50	14:47	29:33	29	6:37	241	7:29
Wechsel S -> R	-	3:58	-	25	2:16	212	2:42	0.50	18:45	37:30	29	8:30	219	9:41
Schwimmen 000	0.50	18:45	37:30	29	8:30	219	9:41	0.50	18:45	37:30	29	8:30	219	9:41
Rad netto	20.00	44:38	2:13	28	13:52	227	20:09	20.50	1:03:23	3:05	29	21:14	241	21:55
Wechsel R -> L	-	1:10	-	24	0:33	147	0:43	20.50	1:04:33	3:08	29	21:47	227	23:22
Rad 000	20.00	45:48	2:17	28	14:25	226	17:49	20.50	1:04:33	3:08	29	21:47	227	23:22
Lauf	5.00	24:50	4:58	19	6:16	140	7:12	25.50	1:29:23	3:30	28	28:03	210	28:03