



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Gießke, Jürgen

000: 1:30:45

00: 220

00: 25.50 km

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

00000/000: 291 (of 336)

00000/0: 218 (of 240)

000000: 1:01:20

0000:

Senioren 5 (TM 60)

00000: 12(of 13)

0000000: 1:06:15

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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	15:30	31:00	12	6:04	226	8:12	0.50	15:30	31:00	14	6:04	241	8:12
Wechsel S -> R	-	4:13	-	12	2:48	224	2:57	0.50	19:43	39:25	14	8:42	229	10:39
Schwimmen 000	0.50	19:43	39:25	14	8:42	229	10:39	0.50	19:43	39:25	14	8:42	229	10:39
Rad netto	20.00	39:41	1:59	10	5:48	173	15:12	20.50	59:24	2:53	14	14:30	241	17:56
Wechsel R -> L	-	1:36	-	9	0:53	207	1:09	20.50	1:01:00	2:58	14	15:19	212	19:49
Rad 000	20.00	41:17	2:03	10	6:37	179	13:18	20.50	1:01:00	2:58	14	15:19	212	19:49
Lauf	5.00	29:45	5:57	11	11:03	211	12:07	25.50	1:30:45	3:33	12	24:30	218	29:25