



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Busalt, Daniel

□□□: 1:11:26

□□: 252

□□: 25.50 km

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

□□□□□/□□□: 75 (of 336)

□□□□□/□: 68 (of 240)

□□□□□□: 1:01:20

□□□□:

männliche AK 4 (TM 35)

□□□□□: 11(of 24)

□□□□□□□: 1:02:39

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 7:55 | 15:50 | 1 | - | 4 | 0:37 | 0.50 | 7:55 | 15:50 | 1 | - | 241 | 0:37 | |
| Wechsel S -> R | - | 2:49 | - | 18 | 1:13 | 146 | 1:33 | 0.50 | 10:44 | 21:27 | 25 | 0:07 | 241 | 1:40 | |
| Schwimmen □□□ | 0.50 | 10:44 | 21:27 | 25 | 0:07 | 241 | 1:40 | 0.50 | 10:44 | 21:27 | 25 | 0:07 | 241 | 1:40 | |
| Rad netto | 20.00 | 36:43 | 1:50 | 17 | 12:14 | 112 | 12:14 | 20.50 | 47:27 | 2:18 | 25 | 3:40 | 241 | 5:59 | |
| Wechsel R -> L | - | 0:46 | - | 8 | 0:12 | 46 | 0:19 | 20.50 | 48:13 | 2:21 | 25 | 3:49 | 241 | 7:02 | |
| Rad □□□ | 20.00 | 37:29 | 1:52 | 16 | 9:30 | 100 | 9:30 | 20.50 | 48:13 | 2:21 | 25 | 3:49 | 241 | 7:02 | |
| Lauf | 5.00 | 23:13 | 4:38 | 15 | 4:58 | 97 | 5:35 | 25.50 | 1:11:26 | 2:48 | 11 | 8:47 | 68 | 10:06 | |