



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Wagler, Ralf

000: 1:32:56

00: 222

00: 25.50 km

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

00000/000: 301 (of 336)

00000/0: 224 (of 240)

000000: 1:01:20

0000:

Senioren 1 (TM 40)

00000: 28(of 31)

0000000: 1:02:45

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0000

000

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	13:18	26:36	27	5:21	192	6:00	0.50	13:18	26:36	32	5:21	241	6:00
Wechsel S -> R	-	4:17	-	29	2:55	226	3:01	0.50	17:35	35:09	32	7:58	209	8:31
Schwimmen 000	0.50	17:35	35:09	32	7:58	209	8:31	0.50	17:35	35:09	32	7:58	209	8:31
Rad netto	20.00	49:30	2:28	31	17:25	237	25:01	20.50	1:07:05	3:16	32	23:04	241	25:37
Wechsel R -> L	-	1:14	-	23	0:44	162	0:47	20.50	1:08:19	3:19	30	27:08	234	27:08
Rad 000	20.00	50:44	2:32	30	18:08	235	22:45	20.50	1:08:19	3:19	30	27:08	234	27:08
Lauf	5.00	24:37	4:55	19	6:46	136	6:59	25.50	1:32:56	3:38	28	30:11	224	31:36