



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Beckmann, Dirk

000: 1:13:20

00: 255

00: 25.50 km

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

00000/000: 99 (of 336)

00000/0: 90 (of 240)

000000: 1:01:20

0000:

männliche AK 3 (TM 30)

00000: 10(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	10:58	21:56	15	2:48	118	3:40	0.50	10:58	21:56	29	2:48	241	3:40
Wechsel S -> R	-	2:46	-	13	1:04	141	1:30	0.50	13:44	27:27	29	3:29	241	4:40
Schwimmen 000	0.50	13:44	27:27	29	3:29	241	4:40	0.50	13:44	27:27	29	3:29	241	4:40
Rad netto	20.00	35:56	1:47	9	5:10	89	11:27	20.50	49:40	2:25	29	7:31	241	8:12
Wechsel R -> L	-	1:02	-	19	0:25	111	0:35	20.50	50:42	2:28	29	7:56	241	9:31
Rad 000	20.00	36:58	1:50	9	5:35	89	8:59	20.50	50:42	2:28	29	7:56	241	9:31
Lauf	5.00	22:38	4:31	12	4:04	80	5:00	25.50	1:13:20	2:52	10	12:00	90	12:00