



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Baumgartner, Michael

□□□: 1:18:02

□□: Orga-Team Lorsch Triathlon

□□: 6

□□: 25.50 km

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

□□□□□/□□□: 155 (of 336)

□□□□□/□: 135 (of 240)

□□□□□□: 1:01:20

□□□□:

Senioren 2 (TM 45)

□□□□□: 24(of 39)

□□□□□□□: 1:03:26

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 10:47 | 21:33 | 18 | 3:13 | 108 | 3:29 | 0.50 | 10:47 | 21:33 | 40 | 3:13 | 241 | 3:29 |
| Wechsel S -> R | - | 1:58 | - | 8 | 0:28 | 55 | 0:42 | 0.50 | 12:45 | 25:30 | 40 | 3:41 | 241 | 3:41 |
| Schwimmen □□□ | 0.50 | 12:45 | 25:30 | 40 | 3:41 | 241 | 3:41 | 0.50 | 12:45 | 25:30 | 40 | 3:41 | 241 | 3:41 |
| Rad netto | 20.00 | 35:54 | 1:47 | 15 | 4:38 | 87 | 11:25 | 20.50 | 48:39 | 2:22 | 15 | 6:40 | 241 | 7:11 |
| Wechsel R -> L | - | 0:48 | - | 4 | 0:21 | 59 | 0:21 | 20.50 | 49:27 | 2:24 | 40 | 6:42 | 241 | 8:16 |
| Rad □□□ | 20.00 | 36:42 | 1:50 | 15 | 4:34 | 85 | 8:43 | 20.50 | 49:27 | 2:24 | 40 | 6:42 | 241 | 8:16 |
| Lauf | 5.00 | 28:35 | 5:43 | 32 | 9:43 | 202 | 10:57 | 25.50 | 1:18:02 | 3:03 | 24 | 14:36 | 135 | 16:42 |