



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Wetzel, Sebastian

000: 1:14:46

00: 258

00: 25.50 km

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

00000/000: 117 (of 336)

00000/0: 102 (of 240)

000000: 1:01:20

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männliche AK 3 (TM 30)

00000: 11(of 28)

0000000: 1:01:20

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	10:44	21:27	13	2:34	105	3:26	0.50	10:44	21:27	29	2:34	241	3:26
Wechsel S -> R	-	2:15	-	8	0:33	84	0:59	0.50	12:59	25:57	29	2:44	241	3:55
Schwimmen 000	0.50	12:59	25:57	29	2:44	241	3:55	0.50	12:59	25:57	29	2:44	241	3:55
Rad netto	20.00	35:59	1:47	10	5:13	90	11:30	20.50	48:58	2:23	29	6:49	241	7:30
Wechsel R -> L	-	1:25	-	25	0:48	188	0:58	20.50	50:23	2:27	29	7:37	241	9:12
Rad 000	20.00	37:24	1:52	10	6:01	97	9:25	20.50	50:23	2:27	29	7:37	241	9:12
Lauf	5.00	24:23	4:52	18	5:49	131	6:45	25.50	1:14:46	2:55	11	13:26	102	13:26