



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Thiede, Thorsten

000: 1:19:00

00: SKC Nibelungen Lorsch

00: 267

00: 25.50 km

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

00000/000: 173 (of 336)

00000/0: 150 (of 240)

000000: 1:01:20

0000:

männliche AK 4 (TM 35)

00000: 21(of 24)

0000000: 1:02:39

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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	12:42	25:23	21	4:47	179	5:24	0.50	12:42	25:23	21	4:47	241	5:24
Wechsel S -> R	-	3:00	-	20	1:24	160	1:44	0.50	15:42	31:23	25	5:05	241	6:38
Schwimmen 000	0.50	15:42	31:23	25	5:05	241	6:38	0.50	15:42	31:23	25	5:05	241	6:38
Rad netto	20.00	38:58	1:56	20	14:29	161	14:29	20.50	54:40	2:39	25	10:53	241	13:12
Wechsel R -> L	-	1:00	-	15	0:26	104	0:33	20.50	55:40	2:42	25	11:16	241	14:29
Rad 000	20.00	39:58	1:59	21	11:59	160	11:59	20.50	55:40	2:42	25	11:16	241	14:29
Lauf	5.00	23:20	4:39	17	5:05	102	5:42	25.50	1:19:00	3:05	21	16:21	150	17:40