



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Gehrlein, Thomas

000: 1:19:33

00: 257

00: 25.50 km

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

00000/000: 180 (of 336)

00000/0: 155 (of 240)

000000: 1:01:20

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Senioren 2 (TM 45)

00000: 27(of 39)

0000000: 1:03:26

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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	11:13	22:26	21	3:39	129	3:55	0.50	11:13	22:26	40	3:39	241	3:55
Wechsel S -> R	-	3:39	-	33	2:09	202	2:23	0.50	14:52	29:44	40	5:48	241	5:48
Schwimmen 000	0.50	14:52	29:44	40	5:48	241	5:48	0.50	14:52	29:44	40	5:48	241	5:48
Rad netto	20.00	41:24	2:04	33	10:08	202	16:55	20.50	56:16	2:44	40	14:17	241	14:48
Wechsel R -> L	-	2:13	-	39	1:46	232	1:46	20.50	58:29	2:51	40	15:44	241	17:18
Rad 000	20.00	43:37	2:10	33	11:29	208	15:38	20.50	58:29	2:51	40	15:44	241	17:18
Lauf	5.00	21:04	4:12	11	2:12	49	3:26	25.50	1:19:33	3:07	27	16:07	155	18:13