



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Zimmermann, David

000: 1:18:04

00: 43

00: 25.50 km

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

00000/000: 157 (of 336)

00000/0: 137 (of 240)

000000: 1:01:20

0000:

männliche AK 3 (TM 30)

00000: 16(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	8:11	16:22	2	0:01	8	0:53	0.50	8:11	16:22	29	0:01	241	0:53
Wechsel S -> R	-	2:45	-	12	1:03	139	1:29	0.50	10:56	21:52	29	0:41	241	1:52
Schwimmen 000	0.50	10:56	21:52	29	0:41	241	1:52	0.50	10:56	21:52	29	0:41	241	1:52
Rad netto	20.00	41:04	2:03	22	10:18	197	16:35	20.50	52:00	2:32	29	9:51	241	10:32
Wechsel R -> L	-	0:46	-	10	0:09	46	0:19	20.50	52:46	2:34	29	10:00	241	11:35
Rad 000	20.00	41:50	2:05	22	10:27	193	13:51	20.50	52:46	2:34	29	10:00	241	11:35
Lauf	5.00	25:18	5:03	21	6:44	152	7:40	25.50	1:18:04	3:03	16	16:44	137	16:44