



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Nordt, Andreas

000: 1:24:37

00: 281

00: 25.50 km

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

00000/000: 236 (of 336)

00000/0: 184 (of 240)

000000: 1:01:20

0000:

Senioren 2 (TM 45)

00000: 30(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	13:27	26:53	32	5:53	195	6:09	0.50	13:27	26:53	40	5:53	241	6:09
Wechsel S -> R	-	2:26	-	18	0:56	110	1:10	0.50	15:53	31:45	40	6:49	241	6:49
Schwimmen 000	0.50	15:53	31:45	40	6:49	241	6:49	0.50	15:53	31:45	40	6:49	241	6:49
Rad netto	20.00	38:07	1:54	29	6:51	145	13:38	20.50	54:00	2:38	40	12:01	241	12:32
Wechsel R -> L	-	1:42	-	34	1:15	216	1:15	20.50	55:42	2:43	40	12:57	241	14:31
Rad 000	20.00	39:49	1:59	29	7:41	158	11:50	20.50	55:42	2:43	40	12:57	241	14:31
Lauf	5.00	28:55	5:46	33	10:03	207	11:17	25.50	1:24:37	3:19	30	21:11	184	23:17