



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Kattermann, Colin

000: 1:04:58

00: 335

00: 25.50 km

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

00000/000: 18 (of 336)

00000/0: 16 (of 240)

000000: 1:01:20

0000:

männliche AK 4 (TM 35)

00000: 3(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	9:10	18:19	4	1:15	31	1:52	0.50	9:10	18:19	25	1:15	31	1:52
Wechsel S -> R	-	1:56	-	8	0:20	52	0:40	0.50	11:06	22:11	25	0:29	241	2:02
Schwimmen 000	0.50	11:06	22:11	25	0:29	241	2:02	0.50	11:06	22:11	25	0:29	241	2:02
Rad netto	20.00	33:39	1:40	9	9:10	27	9:10	20.50	44:45	2:10	25	0:58	25	3:17
Wechsel R -> L	-	0:37	-	3	0:03	14	0:10	20.50	45:22	2:12	25	0:58	241	4:11
Rad 000	20.00	34:16	1:42	9	6:17	26	6:17	20.50	45:22	2:12	25	0:58	241	4:11
Lauf	5.00	19:36	3:55	2	1:21	15	1:58	25.50	1:04:58	2:32	3	2:19	16	3:38