



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Bartelt, Jörg

000: 1:25:46

00: 251

00: 25.50 km

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

00000/000: 246 (of 336)

00000/0: 190 (of 240)

000000: 1:01:20

0000:

Senioren 4 (TM 55)

00000: 10(of 20)

0000000: 1:11:32

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0000

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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  | 15 | 3:19 | 195 | 6:09  | 0.50  | 13:27   | 26:53  | 21 | 3:19  | 241 | 6:09  |
| Wechsel S -> R | -     | 5:22  | -      | 20 | 3:42 | 238 | 4:06  | 0.50  | 18:49   | 37:37  | 21 | 6:13  | 241 | 9:45  |
| Schwimmen 000  | 0.50  | 18:49 | 37:37  | 21 | 6:13 | 241 | 9:45  | 0.50  | 18:49   | 37:37  | 21 | 6:13  | 241 | 9:45  |
| Rad netto      | 20.00 | 40:17 | 2:00   | 14 | 6:37 | 187 | 15:48 | 20.50 | 59:06   | 2:52   | 21 | 12:47 | 241 | 17:38 |
| Wechsel R -> L | -     | 1:08  | -      | 7  | 0:21 | 142 | 0:41  | 20.50 | 1:00:14 | 2:56   | 21 | 12:59 | 241 | 19:03 |
| Rad 000        | 20.00 | 41:25 | 2:04   | 14 | 6:49 | 183 | 13:26 | 20.50 | 1:00:14 | 2:56   | 21 | 12:59 | 241 | 19:03 |
| Lauf           | 5.00  | 25:32 | 5:06   | 4  | 1:15 | 157 | 7:54  | 25.50 | 1:25:46 | 3:21   | 10 | 14:14 | 190 | 24:26 |