



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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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

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Senioren 4 (TM 55)

00000: 10(of 20)

0000000: 1:11:32

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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