



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Künkeler, Axel

000: 1:18:13

00: 5

00: 25.50 km

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

00000/000: 160 (of 336)

00000/0: 139 (of 240)

000000: 1:01:20

0000:

Senioren 5 (TM 60)

00000: 5(of 13)

0000000: 1:06:15

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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	12:41	25:22	9	3:15	176	5:23	0.50	12:41	25:22	9	3:15	241	5:23
Wechsel S -> R	-	2:33	-	6	1:08	127	1:17	0.50	15:14	30:27	14	4:13	241	6:10
Schwimmen 000	0.50	15:14	30:27	14	4:13	241	6:10	0.50	15:14	30:27	14	4:13	241	6:10
Rad netto	20.00	38:00	1:53	5	4:07	141	13:31	20.50	53:14	2:35	14	8:20	241	11:46
Wechsel R -> L	-	1:26	-	8	0:43	190	0:59	20.50	54:40	2:39	14	8:59	241	13:29
Rad 000	20.00	39:26	1:58	5	4:46	144	11:27	20.50	54:40	2:39	14	8:59	241	13:29
Lauf	5.00	23:33	4:42	6	4:51	106	5:55	25.50	1:18:13	3:04	5	11:58	139	16:53