



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Wimmer, Dr. Gerald

000: 1:26:51

00: SSG Bensheim

00: 249

00: 25.50 km

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

00000/000: 261 (of 336)

00000/0: 198 (of 240)

000000: 1:01:20

0000:

Senioren 4 (TM 55)

00000: 15(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	15:11	30:22	19	5:03	223	7:53	0.50	15:11	30:22	21	5:03	241	7:53
Wechsel S -> R	-	3:08	-	11	1:28	175	1:52	0.50	18:19	36:37	21	5:43	241	9:15
Schwimmen 000	0.50	18:19	36:37	21	5:43	241	9:15	0.50	18:19	36:37	21	5:43	241	9:15
Rad netto	20.00	40:28	2:01	15	6:48	189	15:59	20.50	58:47	2:52	21	12:28	241	17:19
Wechsel R -> L	-	0:47	-	1	-	54	0:20	20.50	59:34	2:54	21	12:19	241	18:23
Rad 000	20.00	41:15	2:03	12	6:39	176	13:16	20.50	59:34	2:54	21	12:19	241	18:23
Lauf	5.00	27:17	5:27	10	3:00	191	9:39	25.50	1:26:51	3:24	15	15:19	198	25:31