



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Degen, Bernd

000: 1:07:18

00: 320

00: 25.50 km

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

00000/000: 31 (of 336)

00000/0: 30 (of 240)

000000: 1:01:20

0000:

Senioren 2 (TM 45)

00000: 4(of 39)

0000000: 1:03:26

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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	9:05	18:10	7	1:31	29	1:47	0.50	9:05	18:10	40	1:31	29	1:47
Wechsel S -> R	-	1:58	-	8	0:28	55	0:42	0.50	11:03	22:06	40	1:59	241	1:59
Schwimmen 000	0.50	11:03	22:06	40	1:59	241	1:59	0.50	11:03	22:06	40	1:59	241	1:59
Rad netto	20.00	33:44	1:41	5	2:28	29	9:15	20.50	44:47	2:11	40	2:48	26	3:19
Wechsel R -> L	-	0:57	-	11	0:30	96	0:30	20.50	45:44	2:13	40	2:59	241	4:33
Rad 000	20.00	34:41	1:44	5	2:33	33	6:42	20.50	45:44	2:13	40	2:59	241	4:33
Lauf	5.00	21:34	4:18	13	2:42	54	3:56	25.50	1:07:18	2:38	4	3:52	30	5:58