



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Schneider, Christian

□□□: 1:07:19

□□: 325

□□: 25.50 km

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

□□□□□/□□□: 33 (of 336)

□□□□□/□: 31 (of 240)

□□□□□□: 1:01:20

□□□□:

Senioren 2 (TM 45)

□□□□□: 5(of 39)

□□□□□□□: 1:03:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	9:55	19:49	12	2:21	59	2:37	0.50	9:55	19:49	40	2:21	61	2:37
Wechsel S -> R	-	1:51	-	5	0:21	41	0:35	0.50	11:46	23:32	40	2:42	241	2:42
Schwimmen □□□	0.50	11:46	23:32	40	2:42	241	2:42	0.50	11:46	23:32	40	2:42	241	2:42
Rad netto	20.00	33:27	1:40	4	2:11	24	8:58	20.50	45:13	2:12	40	3:14	34	3:45
Wechsel R -> L	-	1:07	-	22	0:40	133	0:40	20.50	46:20	2:15	40	3:35	241	5:09
Rad □□□	20.00	34:34	1:43	4	2:26	27	6:35	20.50	46:20	2:15	40	3:35	241	5:09
Lauf	5.00	20:59	4:11	10	2:07	46	3:21	25.50	1:07:19	2:38	5	3:53	31	5:59