



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Roth, Sebastian

000: 1:27:23

00: 279

00: 25.50 km

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

00000/000: 264 (of 336)

00000/0: 201 (of 240)

000000: 1:01:20

0000:

männliche AK 3 (TM 30)

00000: 26(of 28)

0000000: 1:01:20

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	11:56	23:52	21	3:46	157	4:38	0.50	11:56	23:52	29	3:46	241	4:38
Wechsel S -> R	-	4:10	-	27	2:28	223	2:54	0.50	16:06	32:12	29	5:51	241	7:02
Schwimmen 000	0.50	16:06	32:12	29	5:51	241	7:02	0.50	16:06	32:12	29	5:51	241	7:02
Rad netto	20.00	44:05	2:12	27	13:19	226	19:36	20.50	1:00:11	2:56	29	18:02	241	18:43
Wechsel R -> L	-	1:06	-	23	0:29	129	0:39	20.50	1:01:17	2:59	29	18:31	241	20:06
Rad 000	20.00	45:11	2:15	27	13:48	222	17:12	20.50	1:01:17	2:59	29	18:31	241	20:06
Lauf	5.00	26:06	5:13	23	7:32	167	8:28	25.50	1:27:23	3:25	26	26:03	201	26:03