



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Neumann, Bastian

000: 1:28:31

00: 242

00: 25.50 km

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

00000/000: 273 (of 336)

00000/0: 205 (of 240)

000000: 1:01:20

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männliche AK 3 (TM 30)

00000: 27(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	13:29	26:57	26	5:19	198	6:11	0.50	13:29	26:57	29	5:19	241	6:11
Wechsel S -> R	-	4:00	-	26	2:18	214	2:44	0.50	17:29	34:58	29	7:14	241	8:25
Schwimmen 000	0.50	17:29	34:58	29	7:14	241	8:25	0.50	17:29	34:58	29	7:14	241	8:25
Rad netto	20.00	40:18	2:00	20	9:32	188	15:49	20.50	57:47	2:49	29	15:38	241	16:19
Wechsel R -> L	-	1:30	-	26	0:53	201	1:03	20.50	59:17	2:53	29	16:31	241	18:06
Rad 000	20.00	41:48	2:05	21	10:25	191	13:49	20.50	59:17	2:53	29	16:31	241	18:06
Lauf	5.00	29:14	5:50	27	10:40	209	11:36	25.50	1:28:31	3:28	27	27:11	205	27:11