



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Schünemann, Enno

000: 1:08:36

00: 293

00: 25.50 km

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

00000/000: 42 (of 336)

00000/0: 41 (of 240)

000000: 1:01:20

0000:

männliche AK 3 (TM 30)

00000: 6(of 28)

0000000: 1:01:20

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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	11:18	22:36	18	3:08	133	4:00	0.50	11:18	22:36	18	3:08	133	4:00
Wechsel S -> R	-	2:26	-	10	0:44	110	1:10	0.50	13:44	27:27	29	3:29	241	4:40
Schwimmen 000	0.50	13:44	27:27	29	3:29	241	4:40	0.50	13:44	27:27	29	3:29	241	4:40
Rad netto	20.00	34:53	1:44	7	4:07	68	10:24	20.50	48:37	2:22	29	6:28	91	7:09
Wechsel R -> L	-	1:02	-	19	0:25	111	0:35	20.50	49:39	2:25	29	6:53	241	8:28
Rad 000	20.00	35:55	1:47	7	4:32	66	7:56	20.50	49:39	2:25	29	6:53	241	8:28
Lauf	5.00	18:57	3:47	2	0:23	11	1:19	25.50	1:08:36	2:41	6	7:16	41	7:16