



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Mairon, Holger

000: 1:18:30

00: 13

00: 25.50 km

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

00000/000: 168 (of 336)

00000/0: 145 (of 240)

000000: 1:01:20

0000:

Senioren 3 (TM 50)

00000: 31(of 42)

0000000: 1:03:43

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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	11:37	23:14	28	3:28	140	4:19	0.50	11:37	23:14	43	3:28	141	4:19
Wechsel S -> R	-	3:19	-	35	1:46	185	2:03	0.50	14:56	29:52	43	5:14	241	5:52
Schwimmen 000	0.50	14:56	29:52	43	5:14	241	5:52	0.50	14:56	29:52	43	5:14	241	5:52
Rad netto	20.00	37:19	1:51	25	4:19	124	12:50	20.50	52:15	2:32	43	9:33	241	10:47
Wechsel R -> L	-	1:21	-	34	0:46	174	0:54	20.50	53:36	2:36	43	10:03	241	12:25
Rad 000	20.00	38:40	1:55	26	4:49	123	10:41	20.50	53:36	2:36	43	10:03	241	12:25
Lauf	5.00	24:54	4:58	29	5:30	141	7:16	25.50	1:18:30	3:04	31	14:47	145	17:10