



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Weber, Ralf

000: 1:10:53

00: 334

00: 25.50 km

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

00000/000: 70 (of 336)

00000/0: 64 (of 240)

000000: 1:01:20

0000:

Senioren 1 (TM 40)

00000: 9(of 31)

0000000: 1:02:45

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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	8:43	17:26	3	0:46	14	1:25	0.50	8:43	17:26	3	0:46	15	1:25
Wechsel S -> R	-	2:12	-	16	0:50	80	0:56	0.50	10:55	21:49	3	1:18	241	1:51
Schwimmen 000	0.50	10:55	21:49	3	1:18	241	1:51	0.50	10:55	21:49	3	1:18	241	1:51
Rad netto	20.00	34:43	1:44	10	2:38	60	10:14	20.50	45:38	2:13	32	1:37	36	4:10
Wechsel R -> L	-	1:08	-	17	0:38	142	0:41	20.50	46:46	2:16	32	5:35	241	5:35
Rad 000	20.00	35:51	1:47	10	3:15	65	7:52	20.50	46:46	2:16	32	5:35	241	5:35
Lauf	5.00	24:07	4:49	18	6:16	121	6:29	25.50	1:10:53	2:46	9	8:08	64	9:33