



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Hellwig, Thomas

000: 1:14:09

00: Wärmer Bremen

00: 301

00: 25.50 km

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

00000/000: 112 (of 336)

00000/0: 99 (of 240)

000000: 1:01:20

0000:

Senioren 3 (TM 50)

00000: 19(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	9:55	19:49	7	1:46	59	2:37	0.50	9:55	19:49	43	1:46	61	2:37
Wechsel S -> R	-	2:20	-	17	0:47	96	1:04	0.50	12:15	24:30	43	2:33	241	3:11
Schwimmen 000	0.50	12:15	24:30	43	2:33	241	3:11	0.50	12:15	24:30	43	2:33	241	3:11
Rad netto	20.00	36:32	1:49	21	3:32	104	12:03	20.50	48:47	2:22	43	6:05	95	7:19
Wechsel R -> L	-	1:13	-	28	0:38	159	0:46	20.50	50:00	2:26	43	6:27	241	8:49
Rad 000	20.00	37:45	1:53	23	3:54	107	9:46	20.50	50:00	2:26	43	6:27	241	8:49
Lauf	5.00	24:09	4:49	22	4:45	122	6:31	25.50	1:14:09	2:54	19	10:26	99	12:49