



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Krietenstein, Jörg

000: 1:17:38

00: SSG Bensheim

00: 289

00: 25.50 km

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

00000/000: 145 (of 336)

00000/0: 124 (of 240)

000000: 1:01:20

0000:

Senioren 4 (TM 55)

00000: 5(of 20)

0000000: 1:11:32

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0000

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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 | 10:37 | 21:14 | 6 | 0:29 | 101 | 3:19 | 0.50 | 10:37 | 21:14 | 21 | 0:29 | 102 | 3:19 |
| Wechsel S -> R | - | 2:33 | - | 7 | 0:53 | 127 | 1:17 | 0.50 | 13:10 | 26:19 | 21 | 0:34 | 105 | 4:06 |
| Schwimmen 000 | 0.50 | 13:10 | 26:19 | 21 | 0:34 | 105 | 4:06 | 0.50 | 13:10 | 26:19 | 21 | 0:34 | 105 | 4:06 |
| Rad netto | 20.00 | 36:48 | 1:50 | 5 | 3:08 | 115 | 12:19 | 20.50 | 49:58 | 2:26 | 21 | 3:39 | 107 | 8:30 |
| Wechsel R -> L | - | 1:19 | - | 9 | 0:32 | 172 | 0:52 | 20.50 | 51:17 | 2:30 | 21 | 4:02 | 241 | 10:06 |
| Rad 000 | 20.00 | 38:07 | 1:54 | 5 | 3:31 | 117 | 10:08 | 20.50 | 51:17 | 2:30 | 21 | 4:02 | 241 | 10:06 |
| Lauf | 5.00 | 26:21 | 5:16 | 7 | 2:04 | 175 | 8:43 | 25.50 | 1:17:38 | 3:02 | 5 | 6:06 | 124 | 16:18 |