



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Thiele, Hendrik

000: 1:19:49

00: 323

00: 25.50 km

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

00000/000: 181 (of 336)

00000/0: 156 (of 240)

000000: 1:01:20

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Senioren 2 (TM 45)

00000: 28(of 39)

0000000: 1:03:26

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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	11:50	23:40	26	4:16	150	4:32	0.50	11:50	23:40	40	4:16	150	4:32
Wechsel S -> R	-	5:07	-	39	3:37	235	3:51	0.50	16:57	33:53	40	7:53	241	7:53
Schwimmen 000	0.50	16:57	33:53	40	7:53	241	7:53	0.50	16:57	33:53	40	7:53	241	7:53
Rad netto	20.00	37:31	1:52	24	6:15	128	13:02	20.50	54:28	2:39	40	12:29	170	13:00
Wechsel R -> L	-	1:11	-	26	0:44	151	0:44	20.50	55:39	2:42	40	12:54	241	14:28
Rad 000	20.00	38:42	1:56	25	6:34	126	10:43	20.50	55:39	2:42	40	12:54	241	14:28
Lauf	5.00	24:10	4:50	23	5:18	124	6:32	25.50	1:19:49	3:07	28	16:23	156	18:29