



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Müller, Dr. Hans D. J.

000: 1:41:47

00: 270

00: 25.50 km

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

00000/000: 322 (of 336)

00000/0: 234 (of 240)

000000: 1:01:20

0000:

Senioren 6 (TM 65)

00000: 7(of 7)

0000000: 1:14:08

0000

0000

000

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	14:10	28:19	5	3:10	208	6:52	0.50	14:10	28:19	8	3:10	241	6:52
Wechsel S -> R	-	5:34	-	7	3:54	239	4:18	0.50	19:44	39:28	8	7:04	241	10:40
Schwimmen 000	0.50	19:44	39:28	8	7:04	241	10:40	0.50	19:44	39:28	8	7:04	241	10:40
Rad netto	20.00	43:08	2:09	7	7:23	221	18:39	20.50	1:02:52	3:04	8	12:30	241	21:24
Wechsel R -> L	-	2:44	-	7	2:02	236	2:17	20.50	1:05:36	3:11	8	14:32	241	24:25
Rad 000	20.00	45:52	2:17	7	9:25	227	17:53	20.50	1:05:36	3:11	8	14:32	241	24:25
Lauf	5.00	36:11	7:14	7	13:07	237	18:33	25.50	1:41:47	3:59	7	27:39	234	40:27