



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Roos, Yannick

000: 1:22:50

00: 331

00: 25.50 km

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

00000/000: 215 (of 336)

00000/0: 173 (of 240)

000000: 1:01:20

0000:

männliche AK 1 (TM 20)

00000: 2(of 4)

0000000: 1:08:57

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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	11:59	23:57	2	1:22	158	4:41	0.50	11:59	23:57	2	1:22	158	4:41
Wechsel S -> R	-	3:51	-	3	1:28	209	2:35	0.50	15:50	31:40	3	2:50	241	6:46
Schwimmen 000	0.50	15:50	31:40	3	2:50	241	6:46	0.50	15:50	31:40	3	2:50	241	6:46
Rad netto	20.00	38:46	1:56	2	3:36	159	14:17	20.50	54:36	2:39	2	6:26	174	13:08
Wechsel R -> L	-	0:39	-	2	0:06	24	0:12	20.50	55:15	2:41	2	6:19	241	14:04
Rad 000	20.00	39:25	1:58	2	3:29	143	11:26	20.50	55:15	2:41	2	6:19	241	14:04
Lauf	5.00	27:35	5:30	3	7:34	193	9:57	25.50	1:22:50	3:14	2	13:53	173	21:30