



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Glab, Daniel

000: 1:08:06

00: 390

00: 25.50 km

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

00000/000: 39 (of 336)

00000/0: 37 (of 240)

000000: 1:01:20

0000:

männliche AK 2 (TM 25)

00000: 8(of 16)

0000000: 1:01:54

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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	9:11	18:22	6	1:53	32	1:53	0.50	9:11	18:22	17	1:53	241	1:53
Wechsel S -> R	-	1:39	-	3	0:18	9	0:23	0.50	10:50	21:40	17	1:28	241	1:46
Schwimmen 000	0.50	10:50	21:40	17	1:28	241	1:46	0.50	10:50	21:40	17	1:28	241	1:46
Rad netto	20.00	35:20	1:46	10	3:37	78	10:51	20.50	46:10	2:15	17	4:42	241	4:42
Wechsel R -> L	-	0:50	-	7	0:19	67	0:23	20.50	47:00	2:17	17	4:33	241	5:49
Rad 000	20.00	36:10	1:48	10	3:33	74	8:11	20.50	47:00	2:17	17	4:33	241	5:49
Lauf	5.00	21:06	4:13	9	3:28	50	3:28	25.50	1:08:06	2:40	8	6:12	37	6:46