



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Jamin, Pablo

000: 1:50:10

00: 241

00: 25.50 km

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

00000/000: 330 (of 336)

00000/0: 238 (of 240)

000000: 1:01:20

0000:

männliche Jugend A (TM 16/17)

00000: 5(of 5)

0000000: 1:12:27

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:26	20:52	3	1:05	95	3:08	0.50	10:26	20:52	6	1:05	241	3:08
Wechsel S -> R	-	4:13	-	5	2:03	224	2:57	0.50	14:39	29:18	6	3:08	241	5:35
Schwimmen 000	0.50	14:39	29:18	6	3:08	241	5:35	0.50	14:39	29:18	6	3:08	241	5:35
Rad netto	20.00	52:23	2:37	5	17:18	238	27:54	20.50	1:07:02	3:16	6	20:26	241	25:34
Wechsel R -> L	-	3:29	-	5	2:55	238	3:02	20.50	1:10:31	3:26	6	22:59	241	29:20
Rad 000	20.00	55:52	2:47	5	19:51	237	27:53	20.50	1:10:31	3:26	6	22:59	241	29:20
Lauf	5.00	39:39	7:55	5	17:31	240	22:01	25.50	1:50:10	4:19	5	37:43	238	48:50