



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Zipser, Axel

000: 1:21:23

00: Helaba BSG Triathlon

00: 9

00: 25.50 km

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

00000/000: 197 (of 336)

00000/0: 165 (of 240)

000000: 1:01:20

0000:

Senioren 3 (TM 50)

00000: 34(of 42)

0000000: 1:03:43

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	12:15	24:30	30	4:06	162	4:57	0.50	12:15	24:30	43	4:06	241	4:57
Wechsel S -> R	-	2:30	-	23	0:57	121	1:14	0.50	14:45	29:30	43	5:03	241	5:41
Schwimmen 000	0.50	14:45	29:30	43	5:03	241	5:41	0.50	14:45	29:30	43	5:03	241	5:41
Rad netto	20.00	39:10	1:57	34	6:10	164	14:41	20.50	53:55	2:37	43	11:13	241	12:27
Wechsel R -> L	-	1:21	-	34	0:46	174	0:54	20.50	55:16	2:41	43	11:43	241	14:05
Rad 000	20.00	40:31	2:01	35	6:40	170	12:32	20.50	55:16	2:41	43	11:43	241	14:05
Lauf	5.00	26:07	5:13	35	6:43	169	8:29	25.50	1:21:23	3:11	34	17:40	165	20:03