



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Ziege, Martin

000: 1:18:23

00: 389

00: 25.50 km

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

00000/000: 164 (of 336)

00000/0: 141 (of 240)

000000: 1:01:20

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männliche AK 3 (TM 30)

00000: 17(of 28)

0000000: 1:01:20

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	10:28	20:56	12	2:18	98	3:10	0.50	10:28	20:56	29	2:18	241	3:10
Wechsel S -> R	-	3:27	-	23	1:45	192	2:11	0.50	13:55	27:49	29	3:40	241	4:51
Schwimmen 000	0.50	13:55	27:49	29	3:40	241	4:51	0.50	13:55	27:49	29	3:40	241	4:51
Rad netto	20.00	40:09	2:00	19	9:23	181	15:40	20.50	54:04	2:38	29	11:55	241	12:36
Wechsel R -> L	-	0:38	-	3	0:01	19	0:11	20.50	54:42	2:40	29	11:56	241	13:31
Rad 000	20.00	40:47	2:02	19	9:24	171	12:48	20.50	54:42	2:40	29	11:56	241	13:31
Lauf	5.00	23:41	4:44	15	5:07	109	6:03	25.50	1:18:23	3:04	17	17:03	141	17:03