



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Langer, Andreas

000: 1:18:55

00: 365

00: 25.50 km

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

00000/000: 171 (of 336)

00000/0: 148 (of 240)

000000: 1:01:20

0000:

Senioren 1 (TM 40)

00000: 20(of 31)

0000000: 1:02:45

0000

0000

000

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	10:48	21:36	14	2:51	109	3:30	0.50	10:48	21:36	32	2:51	241	3:30
Wechsel S -> R	-	2:17	-	17	0:55	89	1:01	0.50	13:05	26:10	32	3:28	241	4:01
Schwimmen 000	0.50	13:05	26:10	32	3:28	241	4:01	0.50	13:05	26:10	32	3:28	241	4:01
Rad netto	20.00	38:26	1:55	23	6:21	153	13:57	20.50	51:31	2:30	32	7:30	241	10:03
Wechsel R -> L	-	1:18	-	24	0:48	170	0:51	20.50	52:49	2:34	32	11:38	241	11:38
Rad 000	20.00	39:44	1:59	22	7:08	155	11:45	20.50	52:49	2:34	32	11:38	241	11:38
Lauf	5.00	26:06	5:13	22	8:15	167	8:28	25.50	1:18:55	3:05	20	16:10	148	17:35