



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Greminger, Horst

000: 1:23:59

00: 40

00: 25.50 km

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

00000/000: 227 (of 336)

00000/0: 179 (of 240)

000000: 1:01:20

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Senioren 7 (TM 70)

00000: 1(of 5)

0000000: 1:23:59

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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	12:24	24:48	2	0:44	165	5:06	0.50	12:24	24:48	2	0:44	241	5:06
Wechsel S -> R	-	2:57	-	2	0:50	156	1:41	0.50	15:21	30:41	6	0:35	241	6:17
Schwimmen 000	0.50	15:21	30:41	6	0:35	241	6:17	0.50	15:21	30:41	6	0:35	241	6:17
Rad netto	20.00	38:56	1:56	1	-	160	14:27	20.50	54:17	2:38	1	-	241	12:49
Wechsel R -> L	-	1:11	-	3	0:30	151	0:44	20.50	55:28	2:42	1	-	241	14:17
Rad 000	20.00	40:07	2:00	1	-	162	12:08	20.50	55:28	2:42	1	-	241	14:17
Lauf	5.00	28:31	5:42	2	0:26	201	10:53	25.50	1:23:59	3:17	1	-	179	22:39