



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Novotny, Wolfgang

000: 1:24:17

00: Weschnitztaler Braumanufaktur

00: 330

00: 25.50 km

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

00000/000: 231 (of 336)

00000/0: 181 (of 240)

000000: 1:01:20

0000:

Senioren 4 (TM 55)

00000: 9(of 20)

0000000: 1:11:32

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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 | 11:55 | 23:49 | 10 | 1:47 | 155 | 4:37 | 0.50 | 11:55 | 23:49 | 21 | 1:47 | 241 | 4:37 |
| Wechsel S -> R | - | 3:59 | - | 15 | 2:19 | 213 | 2:43 | 0.50 | 15:54 | 31:48 | 21 | 3:18 | 241 | 6:50 |
| Schwimmen 000 | 0.50 | 15:54 | 31:48 | 21 | 3:18 | 241 | 6:50 | 0.50 | 15:54 | 31:48 | 21 | 3:18 | 241 | 6:50 |
| Rad netto | 20.00 | 38:35 | 1:55 | 8 | 4:55 | 156 | 14:06 | 20.50 | 54:29 | 2:39 | 21 | 8:10 | 241 | 13:01 |
| Wechsel R -> L | - | 0:57 | - | 4 | 0:10 | 96 | 0:30 | 20.50 | 55:26 | 2:42 | 21 | 8:11 | 241 | 14:15 |
| Rad 000 | 20.00 | 39:32 | 1:58 | 8 | 4:56 | 150 | 11:33 | 20.50 | 55:26 | 2:42 | 21 | 8:11 | 241 | 14:15 |
| Lauf | 5.00 | 28:51 | 5:46 | 15 | 4:34 | 206 | 11:13 | 25.50 | 1:24:17 | 3:18 | 9 | 12:45 | 181 | 22:57 |