



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Risto, Johann

000: 1:24:31

00: 384

00: 25.50 km

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

00000/000: 235 (of 336)

00000/0: 183 (of 240)

000000: 1:01:20

0000:

männliche AK 3 (TM 30)

00000: 24(of 28)

0000000: 1:01:20

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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	13:20	26:40	25	5:10	194	6:02	0.50	13:20	26:40	29	5:10	241	6:02
Wechsel S -> R	-	3:35	-	24	1:53	196	2:19	0.50	16:55	33:50	29	6:40	241	7:51
Schwimmen 000	0.50	16:55	33:50	29	6:40	241	7:51	0.50	16:55	33:50	29	6:40	241	7:51
Rad netto	20.00	39:12	1:57	16	8:26	167	14:43	20.50	56:07	2:44	29	13:58	241	14:39
Wechsel R -> L	-	0:44	-	8	0:07	38	0:17	20.50	56:51	2:46	29	14:05	241	15:40
Rad 000	20.00	39:56	1:59	16	8:33	159	11:57	20.50	56:51	2:46	29	14:05	241	15:40
Lauf	5.00	27:40	5:31	26	9:06	195	10:02	25.50	1:24:31	3:18	24	23:11	183	23:11