



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Braun, Holger

000: 1:25:26

00: 388

00: 25.50 km

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

00000/000: 242 (of 336)

00000/0: 188 (of 240)

000000: 1:01:20

0000:

männliche AK 3 (TM 30)

00000: 25(of 28)

0000000: 1:01:20

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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  | 10:01 | 20:02  | 8  | 1:51  | 68  | 2:43  | 0.50  | 10:01   | 20:02  | 29 | 1:51  | 241 | 2:43  |
| Wechsel S -> R | -     | 3:00  | -      | 16 | 1:18  | 160 | 1:44  | 0.50  | 13:01   | 26:02  | 29 | 2:46  | 241 | 3:57  |
| Schwimmen 000  | 0.50  | 13:01 | 26:02  | 29 | 2:46  | 241 | 3:57  | 0.50  | 13:01   | 26:02  | 29 | 2:46  | 241 | 3:57  |
| Rad netto      | 20.00 | 39:20 | 1:58   | 17 | 8:34  | 169 | 14:51 | 20.50 | 52:21   | 2:33   | 29 | 10:12 | 241 | 10:53 |
| Wechsel R -> L | -     | 0:53  | -      | 14 | 0:16  | 81  | 0:26  | 20.50 | 53:14   | 2:35   | 29 | 10:28 | 241 | 12:03 |
| Rad 000        | 20.00 | 40:13 | 2:00   | 17 | 8:50  | 163 | 12:14 | 20.50 | 53:14   | 2:35   | 29 | 10:28 | 241 | 12:03 |
| Lauf           | 5.00  | 32:12 | 6:26   | 28 | 13:38 | 226 | 14:34 | 25.50 | 1:25:26 | 3:21   | 25 | 24:06 | 188 | 24:06 |