



# 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

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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