



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Kohl, Willi

000: 1:28:24

00: SC Heppenheim

00: 366

00: 25.50 km

00000/000: 270 (of 336)

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

00000/0: 204 (of 240)

000000: 1:01:20

0000:

00000: 5(of 7)

Senioren 6 (TM 65)

0000000: 1:14:08

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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	16:07	32:14	7	5:07	233	8:49	0.50	16:07	32:14	8	5:07	241	8:49
Wechsel S -> R	-	3:40	-	6	2:00	204	2:24	0.50	19:47	39:34	8	7:07	241	10:43
Schwimmen 000	0.50	19:47	39:34	8	7:07	241	10:43	0.50	19:47	39:34	8	7:07	241	10:43
Rad netto	20.00	40:34	2:01	5	4:49	192	16:05	20.50	1:00:21	2:56	8	9:59	241	18:53
Wechsel R -> L	-	2:16	-	6	1:34	234	1:49	20.50	1:02:37	3:03	8	11:33	241	21:26
Rad 000	20.00	42:50	2:08	5	6:23	203	14:51	20.50	1:02:37	3:03	8	11:33	241	21:26
Lauf	5.00	25:47	5:09	3	2:43	165	8:09	25.50	1:28:24	3:28	5	14:16	204	27:04