



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Luppe, Tobias

000: 1:29:50

00: 368

00: 25.50 km

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

00000/000: 281 (of 336)

00000/0: 211 (of 240)

000000: 1:01:20

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Senioren 1 (TM 40)

00000: 26(of 31)

0000000: 1:02:45

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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	11:27	22:53	18	3:30	136	4:09	0.50	11:27	22:53	32	3:30	241	4:09
Wechsel S -> R	-	4:05	-	28	2:43	218	2:49	0.50	15:32	31:03	32	5:55	241	6:28
Schwimmen 000	0.50	15:32	31:03	32	5:55	241	6:28	0.50	15:32	31:03	32	5:55	241	6:28
Rad netto	20.00	42:28	2:07	27	10:23	212	17:59	20.50	58:00	2:49	32	13:59	241	16:32
Wechsel R -> L	-	1:27	-	27	0:57	192	1:00	20.50	59:27	2:54	32	18:16	241	18:16
Rad 000	20.00	43:55	2:11	26	11:19	215	15:56	20.50	59:27	2:54	32	18:16	241	18:16
Lauf	5.00	30:23	6:04	28	12:32	216	12:45	25.50	1:29:50	3:31	26	27:05	211	28:30