



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Rickensdorf, Rudi

000: 1:26:06

00: 24

00: 25.50 km

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

00000/000: 252 (of 336)

00000/0: 193 (of 240)

000000: 1:01:20

0000:

Senioren 3 (TM 50)

00000: 38(of 42)

0000000: 1:03:43

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0000

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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	12:48	25:36	33	4:39	182	5:30	0.50	12:48	25:36	43	4:39	241	5:30
Wechsel S -> R	-	3:05	-	32	1:32	169	1:49	0.50	15:53	31:45	43	6:11	241	6:49
Schwimmen 000	0.50	15:53	31:45	43	6:11	241	6:49	0.50	15:53	31:45	43	6:11	241	6:49
Rad netto	20.00	45:03	2:15	40	12:03	229	20:34	20.50	1:00:56	2:58	43	18:14	241	19:28
Wechsel R -> L	-	0:42	-	4	0:07	33	0:15	20.50	1:01:38	3:00	43	18:05	241	20:27
Rad 000	20.00	45:45	2:17	40	11:54	225	17:46	20.50	1:01:38	3:00	43	18:05	241	20:27
Lauf	5.00	24:28	4:53	27	5:04	135	6:50	25.50	1:26:06	3:22	38	22:23	193	24:46