



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Dippel, Volker

000: 1:26:27

00: 25

00: 25.50 km

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

00000/000: 256 (of 336)

00000/0: 196 (of 240)

000000: 1:01:20

0000:

Senioren 7 (TM 70)

00000: 3(of 5)

0000000: 1:23:59

0000

0000

000

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	11:40	23:19	1	-	145	4:22	0.50	11:40	23:19	1	-	241	4:22
Wechsel S -> R	-	3:20	-	4	1:13	187	2:04	0.50	15:00	30:00	6	0:14	241	5:56
Schwimmen 000	0.50	15:00	30:00	6	0:14	241	5:56	0.50	15:00	30:00	6	0:14	241	5:56
Rad netto	20.00	41:14	2:03	3	2:18	200	16:45	20.50	56:14	2:44	2	1:57	241	14:46
Wechsel R -> L	-	1:00	-	2	0:19	104	0:33	20.50	57:14	2:47	2	1:46	241	16:03
Rad 000	20.00	42:14	2:06	3	2:07	198	14:15	20.50	57:14	2:47	2	1:46	241	16:03
Lauf	5.00	29:13	5:50	3	1:08	208	11:35	25.50	1:26:27	3:23	3	2:28	196	25:07