



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Greminger, Frank

000: 1:03:37

00: 27

00: 25.50 km

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

00000/000: 11 (of 336)

00000/0: 11 (of 240)

000000: 1:01:20

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Senioren 2 (TM 45)

00000: 2(of 39)

0000000: 1:03:26

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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	9:00	18:00	6	1:26	26	1:42	0.50	9:00	18:00	40	1:26	241	1:42
Wechsel S -> R	-	1:43	-	3	0:13	27	0:27	0.50	10:43	21:26	40	1:39	241	1:39
Schwimmen 000	0.50	10:43	21:26	40	1:39	241	1:39	0.50	10:43	21:26	40	1:39	241	1:39
Rad netto	20.00	31:16	1:33	1	-	3	6:47	20.50	41:59	2:02	1	-	241	0:31
Wechsel R -> L	-	0:52	-	8	0:25	79	0:25	20.50	42:51	2:05	40	0:06	241	1:40
Rad 000	20.00	32:08	1:36	1	-	3	4:09	20.50	42:51	2:05	40	0:06	241	1:40
Lauf	5.00	20:46	4:09	9	1:54	38	3:08	25.50	1:03:37	2:29	2	0:11	11	2:17