



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Russ, Christoph

000: 1:27:08

00: GGEW

00: 3

00: 25.50 km

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

00000/000: 263 (of 336)

00000/0: 200 (of 240)

000000: 1:01:20

0000:

Senioren 3 (TM 50)

00000: 39(of 42)

0000000: 1:03:43

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0000

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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	14:02	28:03	37	5:53	207	6:44	0.50	14:02	28:03	43	5:53	241	6:44
Wechsel S -> R	-	3:03	-	31	1:30	165	1:47	0.50	17:05	34:09	43	7:23	241	8:01
Schwimmen 000	0.50	17:05	34:09	43	7:23	241	8:01	0.50	17:05	34:09	43	7:23	241	8:01
Rad netto	20.00	42:13	2:06	38	9:13	210	17:44	20.50	59:18	2:53	43	16:36	241	17:50
Wechsel R -> L	-	0:47	-	8	0:12	54	0:20	20.50	1:00:05	2:55	43	16:32	241	18:54
Rad 000	20.00	43:00	2:08	38	9:09	204	15:01	20.50	1:00:05	2:55	43	16:32	241	18:54
Lauf	5.00	27:03	5:24	37	7:39	189	9:25	25.50	1:27:08	3:25	39	23:25	200	25:48