



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Heppert, Kai

000: 1:08:50

00: LT Hemsbach

00: 7

00: 25.50 km

00000/000: 44 (of 336)

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

00000/0: 43 (of 240)

000000: 1:01:20

0000:

00000: 7(of 39)

Senioren 2 (TM 45)

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	10:00	20:00	14	2:26	65	2:42	0.50	10:00	20:00	40	2:26	241	2:42
Wechsel S -> R	-	2:41	-	22	1:11	137	1:25	0.50	12:41	25:22	40	3:37	241	3:37
Schwimmen 000	0.50	12:41	25:22	40	3:37	241	3:37	0.50	12:41	25:22	40	3:37	241	3:37
Rad netto	20.00	34:52	1:44	12	3:36	66	10:23	20.50	47:33	2:19	12	5:34	241	6:05
Wechsel R -> L	-	1:05	-	18	0:38	124	0:38	20.50	48:38	2:22	40	5:53	241	7:27
Rad 000	20.00	35:57	1:47	13	3:49	68	7:58	20.50	48:38	2:22	40	5:53	241	7:27
Lauf	5.00	20:12	4:02	4	1:20	23	2:34	25.50	1:08:50	2:41	7	5:24	43	7:30