



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Huber, Martin

000: 1:09:54

00: 35

00: 25.50 km

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

00000/000: 55 (of 336)

00000/0: 52 (of 240)

000000: 1:01:20

0000:

Senioren 2 (TM 45)

00000: 9(of 39)

0000000: 1:03:26

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	9:24	18:48	9	1:50	41	2:06	0.50	9:24	18:48	40	1:50	241	2:06
Wechsel S -> R	-	2:22	-	16	0:52	101	1:06	0.50	11:46	23:32	40	2:42	241	2:42
Schwimmen 000	0.50	11:46	23:32	40	2:42	241	2:42	0.50	11:46	23:32	40	2:42	241	2:42
Rad netto	20.00	33:58	1:41	8	2:42	38	9:29	20.50	45:44	2:13	7	3:45	241	4:16
Wechsel R -> L	-	0:54	-	9	0:27	84	0:27	20.50	46:38	2:16	40	3:53	241	5:27
Rad 000	20.00	34:52	1:44	7	2:44	38	6:53	20.50	46:38	2:16	40	3:53	241	5:27
Lauf	5.00	23:16	4:39	20	4:24	99	5:38	25.50	1:09:54	2:44	9	6:28	52	8:34