



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Steinbiß, Joel

000: 1:04:07

00: 126

00: 25.50 km

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

00000/000: 13 (of 336)

00000/0: 13 (of 240)

000000: 1:01:20

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männliche AK 3 (TM 30)

00000: 2(of 28)

0000000: 1:01:20

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	8:16	16:32	3	0:06	9	0:58	0.50	8:16	16:32	29	0:06	241	0:58
Wechsel S -> R	-	1:59	-	6	0:17	62	0:43	0.50	10:15	20:30	1	-	241	1:11
Schwimmen 000	0.50	10:15	20:30	1	-	241	1:11	0.50	10:15	20:30	1	-	241	1:11
Rad netto	20.00	33:29	1:40	4	2:43	25	9:00	20.50	43:44	2:07	29	1:35	241	2:16
Wechsel R -> L	-	0:38	-	3	0:01	19	0:11	20.50	44:22	2:09	29	1:36	241	3:11
Rad 000	20.00	34:07	1:42	4	2:44	23	6:08	20.50	44:22	2:09	29	1:36	241	3:11
Lauf	5.00	19:45	3:57	3	1:11	16	2:07	25.50	1:04:07	2:30	2	2:47	13	2:47