



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Winkler, Patrick

000: 1:06:38

00: 110

00: 25.50 km

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

00000/000: 28 (of 336)

00000/0: 27 (of 240)

000000: 1:01:20

0000:

männliche AK 2 (TM 25)

00000: 7(of 16)

0000000: 1:01:54

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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	8:42	17:23	4	1:24	13	1:24	0.50	8:42	17:23	17	1:24	241	1:24
Wechsel S -> R	-	2:11	-	9	0:50	79	0:55	0.50	10:53	21:45	17	1:31	241	1:49
Schwimmen 000	0.50	10:53	21:45	17	1:31	241	1:49	0.50	10:53	21:45	17	1:31	241	1:49
Rad netto	20.00	34:03	1:42	7	2:20	41	9:34	20.50	44:56	2:11	17	3:28	241	3:28
Wechsel R -> L	-	0:57	-	11	0:26	96	0:30	20.50	45:53	2:14	17	3:26	241	4:42
Rad 000	20.00	35:00	1:45	8	2:23	44	7:01	20.50	45:53	2:14	17	3:26	241	4:42
Lauf	5.00	20:45	4:09	5	3:07	35	3:07	25.50	1:06:38	2:36	7	4:44	27	5:18