



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Zhu, Wei

000: 1:26:46

00: 49

00: 25.50 km

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

00000/000: 259 (of 336)

00000/0: 62 (of 96)

000000: 1:04:25

0000:

weibliche AK 3 (TW 30)

00000: 10(of 14)

0000000: 1:09:38

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	14:00	28:00	13	5:41	82	5:41	0.50	14:00	28:00	13	5:41	82	5:41
Wechsel S -> R	-	2:23	-	3	0:36	22	1:43	0.50	16:23	32:45	11	6:17	75	6:17
Schwimmen 000	0.50	16:23	32:45	11	6:17	75	6:17	0.50	16:23	32:45	11	6:17	75	6:17
Rad netto	20.00	41:30	2:04	8	7:26	53	8:37	20.50	57:53	2:49	10	11:10	69	14:35
Wechsel R -> L	-	0:44	-	3	0:07	10	0:15	20.50	58:37	2:51	10	11:05	63	14:44
Rad 000	20.00	42:14	2:06	7	7:21	49	8:46	20.50	58:37	2:51	10	11:05	63	14:44
Lauf	5.00	28:09	5:37	9	13:46	60	13:46	25.50	1:26:46	3:24	10	17:08	62	22:21