



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Albat, Dirk

000: 1:07:19

00: RV 03 Bürstadt

00: 125

00: 25.50 km

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

00000/000: 32 (of 336)

00000/0: 31 (of 240)

000000: 1:01:20

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männliche AK 3 (TM 30)

00000: 5(of 28)

0000000: 1:01:20

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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	9:40	19:19	5	1:30	51	2:22	0.50	9:40	19:19	29	1:30	241	2:22
Wechsel S -> R	-	1:50	-	3	0:08	39	0:34	0.50	11:30	23:00	6	1:15	241	2:26
Schwimmen 000	0.50	11:30	23:00	6	1:15	241	2:26	0.50	11:30	23:00	6	1:15	241	2:26
Rad netto	20.00	34:49	1:44	6	4:03	64	10:20	20.50	46:19	2:15	29	4:10	241	4:51
Wechsel R -> L	-	0:55	-	15	0:18	89	0:28	20.50	47:14	2:18	29	4:28	241	6:03
Rad 000	20.00	35:44	1:47	6	4:21	60	7:45	20.50	47:14	2:18	29	4:28	241	6:03
Lauf	5.00	20:05	4:00	5	1:31	21	2:27	25.50	1:07:19	2:38	5	5:59	31	5:59