



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Niebergall, Bernd

□□□: 1:09:29

□□: 143

□□: 25.50 km

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

□□□□□/□□□: 52 (of 336)

□□□□□/□: 50 (of 240)

□□□□□□: 1:01:20

□□□□:

Senioren 2 (TM 45)

□□□□□: 8(of 39)

□□□□□□□: 1:03:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	9:41	19:22	10	2:07	52	2:23	0.50	9:41	19:22	40	2:07	241	2:23
Wechsel S -> R	-	2:07	-	12	0:37	71	0:51	0.50	11:48	23:36	40	2:44	55	2:44
Schwimmen □□□	0.50	11:48	23:36	40	2:44	55	2:44	0.50	11:48	23:36	40	2:44	55	2:44
Rad netto	20.00	34:30	1:43	10	3:14	56	10:01	20.50	46:18	2:15	40	4:19	241	4:50
Wechsel R -> L	-	1:07	-	22	0:40	133	0:40	20.50	47:25	2:18	40	4:40	241	6:14
Rad □□□	20.00	35:37	1:46	11	3:29	57	7:38	20.50	47:25	2:18	40	4:40	241	6:14
Lauf	5.00	22:04	4:24	15	3:12	66	4:26	25.50	1:09:29	2:43	8	6:03	50	8:09