



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Müller, Jonas

000: 1:10:39

00: 104

00: 25.50 km

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

00000/000: 66 (of 336)

00000/0: 61 (of 240)

000000: 1:01:20

0000:

männliche AK 2 (TM 25)

00000: 10(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	11:48	23:36	15	4:30	148	4:30	0.50	11:48	23:36	17	4:30	241	4:30
Wechsel S -> R	-	1:55	-	8	0:34	49	0:39	0.50	13:43	27:26	17	4:21	241	4:39
Schwimmen 000	0.50	13:43	27:26	17	4:21	241	4:39	0.50	13:43	27:26	17	4:21	241	4:39
Rad netto	20.00	32:38	1:37	5	0:55	12	8:09	20.50	46:21	2:15	17	4:53	241	4:53
Wechsel R -> L	-	0:54	-	8	0:23	84	0:27	20.50	47:15	2:18	17	4:48	50	6:04
Rad 000	20.00	33:32	1:40	5	0:55	13	5:33	20.50	47:15	2:18	17	4:48	50	6:04
Lauf	5.00	23:24	4:40	11	5:46	103	5:46	25.50	1:10:39	2:46	10	8:45	61	9:19