



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Blesing, Michael

□□□: 1:11:38

□□: Heppenheimer Skiclub

□□: 119

□□: 25.50 km

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

□□□□□/□□□: 78 (of 336)

□□□□□/□: 71 (of 240)

□□□□□□: 1:01:20

□□□□:

Senioren 1 (TM 40)

□□□□□: 12(of 31)

□□□□□□□: 1:02:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	12:25	24:49	23	4:28	168	5:07	0.50	12:25	24:49	32	4:28	241	5:07
Wechsel S -> R	-	1:53	-	7	0:31	45	0:37	0.50	14:18	28:36	32	4:41	241	5:14
Schwimmen □□□	0.50	14:18	28:36	32	4:41	241	5:14	0.50	14:18	28:36	32	4:41	241	5:14
Rad netto	20.00	34:36	1:43	9	2:31	58	10:07	20.50	48:54	2:23	32	4:53	241	7:26
Wechsel R -> L	-	0:54	-	13	0:24	84	0:27	20.50	49:48	2:25	32	8:37	241	8:37
Rad □□□	20.00	35:30	1:46	7	2:54	54	7:31	20.50	49:48	2:25	32	8:37	241	8:37
Lauf	5.00	21:50	4:21	8	3:59	60	4:12	25.50	1:11:38	2:48	12	8:53	71	10:18