



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Riffel, Marc

000: 1:10:45

00: 31

00: 25.50 km

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

00000/000: 68 (of 336)

00000/0: 62 (of 240)

000000: 1:01:20

0000:

Senioren 1 (TM 40)

00000: 8(of 31)

0000000: 1:02:45

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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	8:57	17:53	4	1:00	21	1:39	0.50	8:57	17:53	32	1:00	241	1:39
Wechsel S -> R	-	1:58	-	10	0:36	55	0:42	0.50	10:55	21:49	3	1:18	241	1:51
Schwimmen 000	0.50	10:55	21:49	3	1:18	241	1:51	0.50	10:55	21:49	3	1:18	241	1:51
Rad netto	20.00	35:24	1:46	14	3:19	79	10:55	20.50	46:19	2:15	8	2:18	241	4:51
Wechsel R -> L	-	0:51	-	10	0:21	71	0:24	20.50	47:10	2:18	32	5:59	241	5:59
Rad 000	20.00	36:15	1:48	12	3:39	75	8:16	20.50	47:10	2:18	32	5:59	241	5:59
Lauf	5.00	23:35	4:43	16	5:44	108	5:57	25.50	1:10:45	2:46	8	8:00	62	9:25