



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Schönung, Christian

000: 1:13:05

00: 141

00: 25.50 km

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

00000/000: 97 (of 336)

00000/0: 88 (of 240)

000000: 1:01:20

0000:

Senioren 2 (TM 45)

00000: 16(of 39)

0000000: 1:03:26

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0000

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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 | 1:23 | 21 | 1:39 | 0.50 | 8:57 | 17:53 | 40 | 1:23 | 241 | 1:39 |
| Wechsel S -> R | - | 2:16 | - | 13 | 0:46 | 87 | 1:00 | 0.50 | 11:13 | 22:26 | 40 | 2:09 | 241 | 2:09 |
| Schwimmen 000 | 0.50 | 11:13 | 22:26 | 40 | 2:09 | 241 | 2:09 | 0.50 | 11:13 | 22:26 | 40 | 2:09 | 241 | 2:09 |
| Rad netto | 20.00 | 33:45 | 1:41 | 6 | 2:29 | 31 | 9:16 | 20.50 | 44:58 | 2:11 | 40 | 2:59 | 241 | 3:30 |
| Wechsel R -> L | - | 1:06 | - | 20 | 0:39 | 129 | 0:39 | 20.50 | 46:04 | 2:14 | 40 | 3:19 | 241 | 4:53 |
| Rad 000 | 20.00 | 34:51 | 1:44 | 6 | 2:43 | 36 | 6:52 | 20.50 | 46:04 | 2:14 | 40 | 3:19 | 241 | 4:53 |
| Lauf | 5.00 | 27:01 | 5:24 | 29 | 8:09 | 188 | 9:23 | 25.50 | 1:13:05 | 2:51 | 16 | 9:39 | 88 | 11:45 |