



□□□□

Lausch, Thorsten

□□□: 2:27:51

□□: Helaba BSG Triathlon

□□: 16

□□: 49.25 km

□□□□□/□□□: 19 (of 46)

Chari Tria Olymp (1,25-38.0-10,0)

□□□□□/□: 16 (of 36)

□□□□□□: 2:06:59

□□□□:

□□□□□: 3(of 8)

Senioren 2 MK45

□□□□□□□: 2:17:27

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	27:44	22:11	4	5:45	23	9:59	1.25	27:44	22:11	4	5:45	37	9:59	
Wechsel S -> R	-	1:48	-	3	0:14	4	0:14	1.25	29:32	23:37	4	5:59	37	10:10	
Schwimmen □□□	1.25	29:32	23:37	4	5:59	37	10:10	1.25	29:32	23:37	4	5:59	37	10:10	
Rad netto	38.00	1:04:14	1:41	1	-	9	4:59	39.25	1:33:46	2:23	3	5:37	11	10:52	
Wechsel R -> L	-	1:13	-	3	0:15	9	0:15	39.25	1:34:59	2:25	3	5:51	11	10:53	
Rad □□□	38.00	1:05:27	1:43	1	-	8	5:00	39.25	1:34:59	2:25	3	5:51	11	10:53	
Lauf	10.00	52:52	5:17	5	5:14	25	14:21	49.25	2:27:51	3:00	3	10:24	16	20:52	