

## EPIDURAL HEMATOMA

## SUBDURAL HEMATOMA



# Lucid Interval

**John Bouvier**



### **Lucid Interval:**

The 5 Minute Sports Medicine Consult Mark D. Bracker, 2001 This new addition to The 5 Minute Consult Series is a clinically oriented quick consult reference for sports medicine For the first time common sports related problems faced by primary care practitioners are thoroughly and concisely presented in the famous fast access 5 Minute Consult format Chapters on musculoskeletal problems cover basics diagnosis acute treatment including on field management long term treatment including rehabilitation and referrals and commonly asked questions Other chapters address the special populations of children adolescents females geriatric athletes and disabled athletes and general medical problems in athletic individuals Appendices include clinical care algorithms a guide to the preparticipation examination and patient education handouts

Brain ,1908 Aimed at researchers and clinicians this journal of neurology balances studies in neurological science with practical clinical articles

The Shaken Baby Syndrome Stephen Lazoritz, Vincent J. Palusci, 2001 Shaken Baby Syndrome SBS has become a leading issue for those who are involved with the evaluation of an response to child maltreatment

**A Law Dictionary, Adapted to the Constitution and Laws of the United States of America, and of the Several States of the American Union** John Bouvier, 1891

**Essentials of Forensic Medicine and Toxicology, 3rd Edition - E-Book** Suresh Chand, 2025-06-03 This edition is a set of two books Essentials of Forensic Medicine and Toxicology and Practical Workbook of Essentials of Forensic Medicine and Toxicology The book Essentials of Forensic Medicine and Toxicology includes all essential conceptual topics needed for MBBS students as well as the students of other relevant subjects It has been written in a simple must know type of format and easily understandable language Questions answers are included in each chapter that will help students for their exam The concepts are supported with numerous diagrams flowcharts and tables for better understanding and quick recall Competencies in the book are updated as per the curriculum changes of 2024 Chapters are written and presented for the students to understand the subject in an easy way and to remember the required knowledge skill whenever needed in professional carrier of the reader Covers theory as well as 20 practical competencies exercises 14 1 14 20 in an exam oriented approach It will save the time of students to cover wide syllabus in less time The theory part includes important questions long questions short notes difference between along with their answers The answers are point wise and contain the optimum information required as per the demand of the question Mnemonics have been provided for better learning and memorizing Most recent and updated information about forensic pathology as well as current existing laws BNS 2023 BNSS 2023 and BSA 2023 has been provided The concepts which are difficult to understand and need clarification e g mechanism of action processes or some legal matter have been explained in simple language and with proper examples as far as possible It would be useful for MBBS students MD forensic medicine students doctors lawyers and police as well as students of Forensic Science Ayurvedic Homeopathic Unani and Siddha systems of medicine

**The Practice of the Court of Probate, and of the Quarter Sessions, in Ireland,**

**Respecting Testamentary and Intestate Business. Second Edition, Etc** William Rowley MILLER,1866      **Bouvier's Law Dictionary** John Bouvier,1897      Sudden Death in Infancy, Childhood and Adolescence Roger W. Byard,2004-01-08

This unique comprehensive survey of virtually all aspects of sudden death in infants and childhood will be an essential source of reference for pathologists clinicians and lawyers who deal with such cases Individual sections deal in detail with deaths due to inflicted and non inflicted injuries and to natural diseases This new edition includes 1200 new references 300 new illustrations and an extensively revised chapter on sudden infant death syndrome The intentional injury chapter has additional material on head trauma the biomechanics of injury neonaticide suicide and subtle and unusual trauma The chapter on non intentional injury has also been expanded to more accurately reflect its importance as a cause of death Deaths in the first week of life are also covered This new edition also covers the full range of natural causes of death and their pathological investigation undertaken in light of advances in our understanding of genetic susceptibility and pathophysiology      **The Revised Reports** Sir Frederick Pollock,Robert Campbell,Oliver Augustus Saunders,Arthur Beresford Cane,Joseph Gerald Pease,William Bowstead,Edward Potton,1892      *The Revised Reports* ,1892      **A Treatise on the medical jurisprudence of insanity** Isaac Ray,1853      *A Treatise on the Law of Obligations and Contracts* Patrick Shaw,1847      **Essentials of Forensic Medicine and Toxicology, 1st Edition** Suresh Chand,2019-02-15 Essentials of Forensic Medicine and Toxicology 1st Edition      **The Law of Wills ...** Isaac Fletcher Redfield,1869      **The Law of Wills, Etc. Third Edition** Isaac Fletcher Redfield,1869      **Bouvier's Law Dictionary and Concise Encyclopedia** John Bouvier,1914      **Guy's Hospital Reports ...** Guy's Hospital,1905      **A Law Dictionary, Adapted to the Constitution and Laws of the United States of America** John Bouvier,2025-04-16 Reprint of the original first published in 1883

**Reports of Cases at Law and in Equity, Argued and Determined in the Supreme Court of Alabama** Alabama. Supreme Court,1858      **Reports of Cases Argued and Determined in the Supreme Court of Alabama** Alabama. Supreme Court,1858

Immerse yourself in the artistry of words with Crafted by is expressive creation, Discover the Artistry of **Lucid Interval** . This ebook, presented in a PDF format ( PDF Size: \*), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

[https://pinsupreme.com/results/Resources/Download\\_PDFS/machiavellian%20legacy%20essays%20in%20italian%20political%20thought.pdf](https://pinsupreme.com/results/Resources/Download_PDFS/machiavellian%20legacy%20essays%20in%20italian%20political%20thought.pdf)

## **Table of Contents Lucid Interval**

1. Understanding the eBook Lucid Interval
  - The Rise of Digital Reading Lucid Interval
  - Advantages of eBooks Over Traditional Books
2. Identifying Lucid Interval
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Lucid Interval
  - User-Friendly Interface
4. Exploring eBook Recommendations from Lucid Interval
  - Personalized Recommendations
  - Lucid Interval User Reviews and Ratings
  - Lucid Interval and Bestseller Lists
5. Accessing Lucid Interval Free and Paid eBooks
  - Lucid Interval Public Domain eBooks
  - Lucid Interval eBook Subscription Services

- Lucid Interval Budget-Friendly Options
- 6. Navigating Lucid Interval eBook Formats
  - ePub, PDF, MOBI, and More
  - Lucid Interval Compatibility with Devices
  - Lucid Interval Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Lucid Interval
  - Highlighting and Note-Taking Lucid Interval
  - Interactive Elements Lucid Interval
- 8. Staying Engaged with Lucid Interval
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Lucid Interval
- 9. Balancing eBooks and Physical Books Lucid Interval
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Lucid Interval
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Lucid Interval
  - Setting Reading Goals Lucid Interval
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Lucid Interval
  - Fact-Checking eBook Content of Lucid Interval
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

## **Lucid Interval Introduction**

Lucid Interval Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. Lucid Interval Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. Lucid Interval : This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource for finding various publications. Internet Archive for Lucid Interval : Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks Lucid Interval Offers a diverse range of free eBooks across various genres. Lucid Interval Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. Lucid Interval Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific Lucid Interval, especially related to Lucid Interval, might be challenging as theyre often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to Lucid Interval, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some Lucid Interval books or magazines might include. Look for these in online stores or libraries. Remember that while Lucid Interval, sharing copyrighted material without permission is not legal. Always ensure youre either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow Lucid Interval eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods for certain books. Authors Website Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the Lucid Interval full book , it can give you a taste of the authors writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of Lucid Interval eBooks, including some popular titles.

## **FAQs About Lucid Interval Books**

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before

making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Lucid Interval is one of the best book in our library for free trial. We provide copy of Lucid Interval in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Lucid Interval. Where to download Lucid Interval online for free? Are you looking for Lucid Interval PDF? This is definitely going to save you time and cash in something you should think about.

### **Find Lucid Interval :**

~~machiavellian legacy essays in italian political thought~~

**uomo antico e il cosmo 3 convegno internazionale di archeologia e astronomia roma 1516 maggio 2000**

**lyndon baines johnson president caught in an ordeal of power**

**luigi moretti opera e scritti documenti di architettura series**

lullabyes an illustrated songbook

lunchbox puzzles fun tear-outs to pack with your sandwiches

luke sutton

mac rdr teens 3a surprise visit int

**m.e. chronic fatigue syndrome and fibromyalgia the reverse therapy approach**

~~luke perryunauthorized biography~~

~~lugo a chronicle of early california~~

**lymphocyte recognition and effector mechanisms; proceedings proceedings of the leucocyte culture conference  
8th**

*ma vie french edition of my life - paperback*

**macabeth julio casar otelo**

**luzerner pfarr und weltklerus 17001800 ein biographisches lexikon luzerner historische veraffentlichungen bd 33**



## Lucid Interval :

**national senior certificate grade 12 national** - Aug 02 2022

web may 1 2023 geography march 2014 memo 1 5 downloaded from uniport edu ng on may 1 2023 by guest geography march 2014 memo thank you very much for downloading

**the 5 themes of geography definitions and** - Dec 26 2021

web oct 29 2014 volcanoes an avalanche is a sudden downhill movement of snow it is a significant hazard to people living in or visiting glacial areas an avalanche is able to

*geography p2 gr 12 exemplar 2014 afr memo exool south africa* - Dec 06 2022

web 1 4 3 as a result of convection the urban heat island extends vertically during day time dispersing pollution particles to the upper troposphere 2

*matric geography past papers 2014 pdf download* - Apr 10 2023

web geography p1 feb march 2014 memo eng 1 geography p1 feb march 2014 memo eng 1 content type user generated uploaded by nafunns pages 15 rating showing page

**curriculum national department of basic education** - Jan 07 2023

web nov 28 2022 to download this geography p2 gr 12 exemplar 2014 afr memo for free click below scroll to the bottom of the page and find the matric pdf download links this

**geography march 2014 memo uniport edu ng** - Jul 01 2022

web mar 1 2023 geography march 2014 memo 3 17 downloaded from uniport edu ng on march 1 2023 by guest economic report of the president as transmitted to the

**grade 12 geography paper 1 feb mar learn mindset africa** - Aug 14 2023

web this memorandum consists of 15 pages grade 12 geography p1 memorandum february march 2014 national senior certificate grade 12

**geography p1 feb march 2014 memo eng 1 studypool** - Mar 09 2023

web jan 8 2015 1 3 2 katabatic wind downslope wind gravity winds 1 x 1 1 1 3 3 after sunset the valley slopes cool down through terrestrial radiation

**geography march 2014 memo home rightster com** - Sep 03 2022

web apr 2 2015 1 5 1 5 1 a high lying area that separates two drainage basins 1 1 x 1 1 1 5 2 rivers are actively involved in eroding and depositing material over time this

**geography march 2014 memo wrbb neu** - Mar 29 2022

web five themes of geography hillsboro high school

**explanation of the five themes of geography thoughtco** - Jan 27 2022

web the five themes of geography are an educational tool for teaching geography the five themes were published in 1984 and widely adopted by teachers textbook publishers

**national senior certificate grade 12 national** - Feb 08 2023

web nsc grade 12 feb march 2014 non languages geography title memo 1 afrikaans download memo 1 english download memo 2 afrikaans download

*geography march 2014 memo uniport edu ng* - Apr 29 2022

web right here we have countless books geography march 2014 memo and collections to check out we additionally pay for variant types and next type of the books to browse

**five themes of geography wikipedia** - Nov 24 2021

web jun 17 2023 geography march 2014 memo 2 12 downloaded from uniport edu ng on june 17 2023 by guest power dynamics in eurasia a region that is critically important in

**geography march 2014 memo uniport edu ng** - May 31 2022

web may 3 2023 geography march 2014 memo below plasticity and geotechnics hai sui yu 2006 08 09 plasticity and geotechnics is the first attempt to summarize and present in a

**2014 basic education exam papers matric downloads** - Jul 13 2023

web memo geography p1 feb march 2014 eng geography p1 feb march 2014 memo eng geography p1 qp june 2014 grade 12 d geography p1 june 2014 grade

**national senior certificate grade 12** - Jun 12 2023

web 2 2 2 would you describe the gradient you have calculated in question 2 2 1 as steep or gradual steep 1 2 2 3 explain your answer to question 2 2 2

*themes of geographic inquiry movement by paige evans prezzi* - Oct 24 2021

*past matric exam papers geography life news24* - May 11 2023

web 2014 matric s papers 2 matric memos paper 2 mathematical may mathematics literacy paper 1 memos geography paper 1 for february and march february 2014 matric s

*geography march 2014 memo uniport edu ng* - Sep 22 2021

**2014 feb march nsc examination papers digital street** - Oct 04 2022

web june 24th 2018 geography paper 2 march 2014 memo is packed in imitation of indispensable instructions information

and warnings here is the access download page

*grade 12 geography paper 1 exemplar* - Nov 05 2022

web sep 9 2023 memo 2 english download memo 2 afrikaans download memo 1 english download memo 1 afrikaans download

**five themes of geography hillsboro high school** - Feb 25 2022

web mar 8 2017 updated on march 08 2017 the five themes of geography are as follows location where are things located a location can be absolute for example latitude

**1 naming covalent compounds 2021 answers name studocu** - Jul 12 2023

web write the names of the following covalent compounds 21 so 3 22 n 2 s 23 ph 3 24 bf 3 25 p 2 br 4 26 co 27 sio 2 28

**5 8 naming molecular covalent compounds** - Feb 07 2023

web apr 14 2023 covalent compounds arise from the sharing of electrons among atoms they consist of molecules made consisting of two or even more atoms the guidelines

**naming covalent compounds worksheet and answers** - Dec 05 2022

web learning objectives be able to define covalent bonds polar covalent bonds ionic bonds electronegativity dipoles formal charge molecular formula structural formula and

**chemical names and formulas unit plan aact** - May 30 2022

web what is the systematic name of the following compound al 4 c 3 choose 1 answer silver carbonate a silver carbonate silver carbide b silver carbide aluminum carbide c

**naming ionic compounds practice khan academy** - Mar 28 2022

web this worksheet allows students to practice naming covalent compounds when provided a formula and writing a formula when provided a compound name this product is geared

**naming covalent compounds nomenclature rules** - Jan 06 2023

web since we use different methods in naming binary covalent molecular compounds and ionic compounds the in naming or writing the formula of a compound is to determine

naming covalent compounds and writing formulas worksheet - Feb 24 2022

web naming binary two element covalent compounds is similar to naming simple ionic compounds the first element in the formula is simply listed using the name of the

**chemical bonding worksheet chemistry libretexts** - Oct 03 2022

web mar 8 2017 you re comfortable naming covalent or molecular compounds and writing their formulas if you re unsure of yourself you can review the nomenclature rules and

**covalent compound names quiz thoughtco** - Aug 01 2022

web oct 26 2020 write a chemical formula for a covalent compound name a covalent compound using the appropriate rules of nomenclature predict the number of atoms

covalent compound naming worksheet mrs becker - Nov 23 2021

*naming covalent compounds worksheet my chemistry class* - Oct 15 2023

web naming covalent compounds key write the formulas for the following covalent compounds 1 nitrogen tribromide nbr 3 2 hexaboron silicide b 6 si 3 chlorine

**mastering covalent compound naming worksheet answers** - Apr 28 2022

web naming ionic and covalent compounds acids and hydrates 9 worksheets to practice naming and writing formulas for ionic and covalent compounds including acids and

naming covalent compounds worksheet key docx course hero - Sep 02 2022

web the rules for naming binary covalent compounds are as follows first identify the element name of the nonmetal that is farthest to the left and farthest to the bottom of the periodic

naming covalent compounds rules for naming covalent - Jun 30 2022

web get a naming covalent compounds worksheet with answers that will help you practice and master the naming rules for covalent compounds this worksheet provides a

*chapter 6 1 naming binary covalent compounds* - Aug 13 2023

web worksheet with answers if you need help and practice with naming different elemental compounds ionic and covalent name date naming and writing covalent

4 3 covalent compounds formulas and names - May 10 2023

web figure 2 4 1 2 4 1 naming a covalent inorganic compound place the elements in their proper order the element farthest to the left in the periodic table is usually named first if

**naming compounds tutorial and worksheet answers** - Nov 04 2022

web naming covalent compounds worksheet write the formulas for the following covalent compounds 1 antimony tribromide sbbr 3 2 hexaboron monosilicide b 6 si 3 chlorine

**2 4 naming covalent compounds chemistry libretexts** - Apr 09 2023

web write the chemical name of sf 2 a covalent molecule that is formed when fluorine and sulfur bond with one another solution since the elemental symbol s appears first in

**3 7 covalent compounds formulas and names chemistry** - Dec 25 2021

[3 17 covalent bonding writing chemical names of](#) - Mar 08 2023

web naming binary two element molecular compounds is similar to naming simple ionic compounds the first element in the formula is simply listed using the name of the

**naming covalent compounds worksheet teaching resources** - Jan 26 2022

web write the names for the following covalent compounds 9 p<sub>4</sub>s<sub>5</sub> tetraphosphorus pentasulfide 10 o<sub>2</sub> oxygen 11 sef<sub>6</sub> selenium hexafluoride 12 si<sub>2</sub>br<sub>6</sub> disilicon

**covalent compound naming worksheet my chemistry class** - Sep 14 2023

web write the names for the following covalent compounds 9 p<sub>4</sub>s<sub>5</sub> tetraphosphorus pentasulfide 10 o<sub>2</sub> oxygen 11 sef<sub>6</sub> selenium hexafluoride 12 si<sub>2</sub>br<sub>6</sub> disilicon

*naming chemical compounds worksheet my chemistry class* - Jun 11 2023

web chem 100 general chemistry o connor 4 covalent bonding and simple molecular compounds 4 3 covalent compounds formulas and names

**schwimmtraining für alle triathlondistanzen effizienter** - Jul 30 2022

web schwimmtraining für alle triathlondistanzen effizienter schwimmstil maximale

**İstanbul Üniversitesi açık ve uzaktan eğitim fakültesi** - Jan 04 2023

web duyurular 17 07 2018 aramıza sınav girmesin 17 07 2018 auzef mobil yenilendi

**schwimmtraining für alle triathlondistanzen effizienter** - Jun 09 2023

web schwimmtraining für alle triathlondistanzen effizienter schwimmstil maximale

**schwimmtraining fur alle triathlondistanzen effiz pdf** - Aug 11 2023

web jun 21 2023 schwimmtraining fur alle triathlondistanzen effiz 1 11 downloaded

**schwimmtraining fur alle triathlondistanzen effiz** - May 28 2022

web 2 schwimmtraining fur alle triathlondistanzen effiz 2021 02 19 and women of all

[schwimmtraining fur alle triathlondistanzen effiz pdf fred](#) - Oct 21 2021

web any of our books as soon as this one merely said the schwimmtraining fur alle

**schwimmtraining fur alle triathlondistanzen effiz** - Feb 22 2022

web schwimmtraining fur alle triathlondistanzen effiz downloaded from ftp popcake com

*schwimmtraining fur alle triathlondistanzen effiz pdf* - Apr 07 2023

web mar 18 2023 schwimmtraining fur alle triathlondistanzen effiz 2 11 downloaded

*schwimmtraining für alle triathlondistanzen effizienter* - Apr 26 2022

web schwimmen berechnen alle triathlon distanzen im überblick sportaktiv das 8 wochen

**schwimmtraining fur alle triathlondistanzen effiz** - Aug 31 2022

web schwimmtraining fur alle triathlondistanzen effiz wattmessung im radsport und

**türkiye triatlon federasyonu 2022** - Feb 05 2023

web türkiye triatlon federasyonu başkanlığı hedeftriatlon triatlon org tr 4 2022 faaliyet

**schwimmtraining fur alle triathlondistanzen effiz** - Jan 24 2022

web recognizing the way ways to acquire this book schwimmtraining fur alle

**türkiye triatlon federasyonu** - May 08 2023

web türkiye triatlon federasyonu triatlon sporunun ülkemizde geniş kitlelere ulaşmasını

**schwimmtraining fur alle triathlondistanzen effiz pdf** - Oct 01 2022

web mar 23 2023 this schwimmtraining fur alle triathlondistanzen effiz as one of the

**schwimmtraining fur alle triathlondistanzen effiz pdf** - Dec 23 2021

web jul 4 2023 schwimmtraining fur alle triathlondistanzen effiz 1 11 downloaded from

[schwimmtraining fur alle triathlondistanzen effiz](#) - Jul 10 2023

web merely said the schwimmtraining fur alle triathlondistanzen effiz is universally

**schwimmtraining fur alle triathlondistanzen effiz** - Mar 06 2023

web 4 schwimmtraining fur alle triathlondistanzen effiz 2022 08 02 more fat than aerobics

**schwimmtraining fur alle triathlondistanzen effiz pdf** - Jun 28 2022

web schwimmtraining fur alle triathlondistanzen effiz 1 1 downloaded from uniport edu ng

**schwimmtraining fur alle triathlondistanzen effiz** - Nov 02 2022

web schwimmtraining fur alle triathlondistanzen effiz below the athlete s guide to

**schwimmtraining für alle triathlondistanzen effizienter** - Dec 03 2022

web locate this prospect to get this epub schwimmtraining fur alle triathlondistanzen

*schwimmtraining fur alle triathlondistanzen effiz copy* - Mar 26 2022

web jun 5 2023 schwimmtraining fur alle triathlondistanzen effiz 2 13 downloaded from

**schwimmtraining fur alle triathlondistanzen effiz** - Nov 21 2021

web training der drei einzeldisziplinen aufwenden und fast alle triathleten stehen vor der

*schwimmtraining fur alle triathlondistanzen effiz* - Sep 12 2023

web schwimmtraining fur alle triathlondistanzen effiz after getting deal so like you