



5. Lorsche Triathlon

Lorsch / 27.07.2008

Prasch, Thomas

1:19:40

Bensheim

478

25.50 km

212 (of 379)

Lorsche Triathlon 0,5-20-5

185 (of 290)

57:38

35 (of 57)

1:02:26

männl. AK 4 (TM 35-39)

Prasch, Thomas

1:19:40

212

	km	min	km/h	-	-	min	min	km	min	km/h	-	-	min	min
Schwimmen	0.50	11:53	2.52	31	4:18	148	5:01	0.50	11:53	2.52	50	1:34	250	4:31
Rad	20.00	42:17	28.38	28	7:15	138	8:54	20.50	54:10	22.71	47	6:40	231	7:19
Lauf	5.00	25:30	11.76	18	5:31	92	8:25	25.50	1:19:40	19.21	35	17:14	185	22:02