



5. Lorsch Triathlon

Lorsch / 27.07.2008

0000

Alles-wird-guth

000: 1:23:00

00: 18.43 km/h

00: 425

00: 25.50 km

Triathlonstaffel

00000/000: 21 (of 27)

00000/000: 21 (of 27)

000000: 1:03:53

0000:

Triathlon-Staffel

00000: 21(of 27)

0000000: 1:03:53

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	000	000	km	00	km/h	-	-	000	000
Schwimmen	0.50	11:46	2.55	15	3:28	15	3:28	0.50	11:46	2.55	8	0:08	8	0:08
Rad	20.00	41:32	28.89	14	7:30	14	7:30	20.50	53:18	23.08	8	4:20	8	4:20
Lauf	5.00	29:42	10.10	22	11:52	22	11:52	25.50	1:23:00	18.43	21	19:07	21	19:07