



Ferreira-Adam, Marcos

□□: Mainz-Kostheim

□□: 326

□□: 25.50 km

Lorscher Triathlon 0,5-20-5

männl. AK 3 (TM 30-34)

□□□: 1:14:12

_____: 108 (of 317)

____/_: 97 (of 241)

□□□□: 15(of 28)

□□ km		□□ km/h						000	□□□ km/h		00 -		

Schwimmen 0.50 20 0.50 20 181 181 Rad 20.00 48:48 24.59 20 15:14 169 19:26 20.50 48:48 24.59 25 1:44 212 6:48 Lauf 5.00 25:24 11.81 16 7:21 25.50 1:14:12 20.22 15 12:47 98 16:28 130 18:40