



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Cerwenetz, Kurt

000: 1:19:16

00: SRH

00: 105

00: 25.75 km

Lorsch Triathlon 0,5-20,0-5,0

00000/000: 197 (of 322)

00000/0: 173 (of 260)

000000: 58:22

0000:

00000: 21(of 32)

Senioren 3 (TM 50-54)

0000000: 1:04:52

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Schwimmen	0.50	12:42	2.36	25	4:07	203	5:58	0.50	12:42	2.36	33	0:35	259	3:36
Wechsel Schwim	0.20	2:52	4.19	17	1:18	162	1:26	0.70	15:34	2.70	33	0:32	259	4:43
Schwimmen 000	0.70	15:34	2.70	33	0:32	259	4:43	0.70	15:34	2.70	33	0:32	259	4:43
Rad	20.00	36:08	33.21	12	2:47	110	5:23	20.70	51:42	24.02	16		259	9:49
Wechsel Rad-Lau	0.05	1:30	2.00	24	0:50	209	1:27	20.75	53:12	23.40	33	0:22	256	10:28
Rad 000	20.05	37:38	31.97	14	3:28	121	6:01	20.75	53:12	23.40	33	0:22	256	10:28
Lauf	5.00	26:04	11.51	21	6:37	190	10:32	25.75	1:19:16	19.49	21	14:24	175	20:54