



# 10. Lorsche Triathlon

Lorsch / 11.08.2013

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Ruhs, Mirko

000: 1:00:01

00: Schwimmclub Heppenheim

00: 151

00: 25.75 km

Lorsche Triathlon 0,5-20,0-5,0

00000/000: 3 (of 322)

00000/0: 3 (of 260)

000000: 58:22

0000:

00000: 1(of 26)

männl. AK 4 (TM 35-39)

0000000: 1:00:01

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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  | 8:43  | 3.44  | 2  | 0:30 | 20 | 1:59 | 0.50  | 8:43    | 3.44  | 27 |    |    | 259  |
| Wechsel Schwim  | 0.20  | 1:44  | 6.92  | 2  | 0:04 | 23 | 0:18 | 0.70  | 10:27   | 4.02  | 27 |    |    | 259  |
| Schwimmen 000   | 0.70  | 10:27 | 4.02  | 27 |      |    | 259  | 0.70  | 10:27   | 4.02  | 27 |    |    | 259  |
| Rad             | 20.00 | 31:05 | 38.61 | 1  | -    | 3  | 0:20 | 20.70 | 41:32   | 29.90 | 27 |    |    | 259  |
| Wechsel Rad-Lau | 0.05  | 0:45  | 4.00  | 3  | 0:05 | 37 | 0:42 | 20.75 | 42:17   | 29.44 | 27 |    |    | 256  |
| Rad 000         | 20.05 | 31:50 | 37.79 | 1  | -    | 2  | 0:13 | 20.75 | 42:17   | 29.44 | 27 |    |    | 256  |
| Lauf            | 5.00  | 17:44 | 16.92 | 1  | -    | 5  | 2:12 | 25.75 | 1:00:01 | 25.74 | 1  | -  | 3  | 1:39 |