



10. Lorsche Triathlon

Lorsch / 11.08.2013

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Ulmer, Dominic

000: 1:21:26

00: 144

00: 25.75 km

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

0000:

männl. AK 4 (TM 35-39)

00000/000: 220 (of 322)

00000/0: 191 (of 260)

000000: 58:22

00000: 25(of 26)

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	10:31	2.85	14	2:18	108	3:47	0.50	10:31	2.85	27	1:21	259	1:25
Wechsel Schwim	0.20	2:29	4.83	15	0:49	113	1:03	0.70	13:00	3.23	27	1:53	259	2:09
Schwimmen 000	0.70	13:00	3.23	27	1:53	259	2:09	0.70	13:00	3.23	27	1:53	259	2:09
Rad	20.00	38:37	31.07	23	7:32	182	7:52	20.70	51:37	24.06	27	8:19	259	9:44
Wechsel Rad-Lau	0.05	0:51	3.53	7	0:11	66	0:48	20.75	52:28	23.73	27	8:19	256	9:44
Rad 000	20.05	39:28	30.48	21	7:38	171	7:51	20.75	52:28	23.73	27	8:19	256	9:44
Lauf	5.00	28:58	10.36	26	11:14	224	13:26	25.75	1:21:26	18.97	25	21:25	193	23:04