



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Schneider, Gerhard

000: 1:22:19

00: 106

00: 25.75 km

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

0000:

Senioren 3 (TM 50-54)

00000/000: 229 (of 322)

00000/0: 197 (of 260)

000000: 58:22

00000: 23(of 32)

0000000: 1:04:52

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen	0.50	12:45	2.35	26	4:10	204	6:01	0.50	12:45	2.35	33	0:38	259	3:39
Wechsel Schwim	0.20	2:37	4.59	12	1:03	133	1:11	0.70	15:22	2.73	33	0:20	259	4:31
Schwimmen 000	0.70	15:22	2.73	33	0:20	259	4:31	0.70	15:22	2.73	33	0:20	259	4:31
Rad	20.00	37:46	31.77	21	4:25	161	7:01	20.70	53:08	23.38	33	1:18	259	11:15
Wechsel Rad-Lau	0.05	1:22	2.20	21	0:42	196	1:19	20.75	54:30	22.84	33	1:40	256	11:46
Rad 000	20.05	39:08	30.74	21	4:58	167	7:31	20.75	54:30	22.84	33	1:40	256	11:46
Lauf	5.00	27:49	10.78	25	8:22	211	12:17	25.75	1:22:19	18.77	23	17:27	199	23:57