



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Faust, Christian

000: 1:04:50

00: Team adViva SC HP

00: 155

00: 25.75 km

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

0000:

Senioren 1 (TM 40-44)

00000/000: 24 (of 322)

00000/0: 21 (of 260)

000000: 58:22

00000: 5(of 53)

0000000: 1:00:40

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen	0.50	8:16	3.63	3	0:28	10	1:32	0.50	8:16	3.63	54		259	
Wechsel Schwim	0.20	1:37	7.42	3	0:04	10	0:11	0.70	9:53	4.25	54		259	
Schwimmen 000	0.70	9:53	4.25	54		259		0.70	9:53	4.25	54		259	
Rad	20.00	33:23	35.95	9	2:38	32	2:38	20.70	43:16	28.71	54		259	1:23
Wechsel Rad-Lau	0.05	0:48	3.75	13	0:22	50	0:45	20.75	44:04	28.25	54		256	1:20
Rad 000	20.05	34:11	35.19	8	2:34	32	2:34	20.75	44:04	28.25	54		256	1:20
Lauf	5.00	20:46	14.45	11	4:25	46	5:14	25.75	1:04:50	23.83	5	4:10	22	6:28