



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Stapler, Oliver

000: 1:09:26

00: 145

00: 25.75 km

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

0000:

männl. AK 4 (TM 35-39)

00000/000: 60 (of 322)

00000/0: 56 (of 260)

000000: 58:22

00000: 9(of 26)

0000000: 1:00:01

0000

0000

000

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	9:58	3.01	11	1:45	76	3:14	0.50	9:58	3.01	27	0:48	259	0:52
Wechsel Schwim	0.20	1:50	6.55	5	0:10	34	0:24	0.70	11:48	3.56	27	0:41	5	0:57
Schwimmen 000	0.70	11:48	3.56	27	0:41	5	0:57	0.70	11:48	3.56	27	0:41	5	0:57
Rad	20.00	35:22	33.93	11	4:17	89	4:37	20.70	47:10	26.33	27	3:52	259	5:17
Wechsel Rad-Lau	0.05	0:40	4.50	1	-	19	0:37	20.75	47:50	26.03	27	3:41	256	5:06
Rad 000	20.05	36:02	33.39	10	4:12	75	4:25	20.75	47:50	26.03	27	3:41	256	5:06
Lauf	5.00	21:36	13.89	11	3:52	73	6:04	25.75	1:09:26	22.25	9	9:25	57	11:04