



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Horster, Dirk

000: 1:10:20

00: 12

00: 25.75 km

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

00000/000: 70 (of 322)

00000/0: 66 (of 260)

000000: 58:22

0000:

00000: 17(of 53)

Senioren 1 (TM 40-44)

0000000: 1:00:40

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000

000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen	0.50	11:37	2.58	31	3:49	161	4:53	0.50	11:37	2.58	54	1:31	13	2:31	
Wechsel Schwim	0.20	2:39	4.53	31	1:06	137	1:13	0.70	14:16	2.94	54	2:06	13	3:25	
Schwimmen 000	0.70	14:16	2.94	54	2:06	13	3:25	0.70	14:16	2.94	54	2:06	13	3:25	
Rad	20.00	33:49	35.49	11	3:04	38	3:04	20.70	48:05	25.83	54	2:21	13	6:12	
Wechsel Rad-Lau	0.05	0:46	3.91	10	0:20	43	0:43	20.75	48:51	25.49	54	2:18	13	6:07	
Rad 000	20.05	34:35	34.79	12	2:58	38	2:58	20.75	48:51	25.49	54	2:18	13	6:07	
Lauf	5.00	21:29	13.96	17	5:08	66	5:57	25.75	1:10:20	21.97	17	9:40	67	11:58	