



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Herich, Stefan

000: 1:09:56

00: 157

00: 25.75 km

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

0000:

männl. AK 3 (TM 30-34)

00000/000: 66 (of 322)

00000/0: 62 (of 260)

000000: 58:22

00000: 8(of 25)

0000000: 1:03:04

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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	10:15	2.93	11	1:53	97	3:31	0.50	10:15	2.93	17		259	1:09
Wechsel Schwim	0.20	2:48	4.29	16	1:08	156	1:22	0.70	13:03	3.22	17		259	2:12
Schwimmen 000	0.70	13:03	3.22	17		259	2:12	0.70	13:03	3.22	17		259	2:12
Rad	20.00	35:59	33.35	12	4:01	109	5:14	20.70	49:02	25.33	17		259	7:09
Wechsel Rad-Lau	0.05	0:30	6.00	1	-	4	0:27	20.75	49:32	25.13	17		256	6:48
Rad 000	20.05	36:29	32.97	12	3:44	90	4:52	20.75	49:32	25.13	17		256	6:48
Lauf	5.00	20:24	14.71	4	2:29	38	4:52	25.75	1:09:56	22.09	8	6:52	63	11:34