



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Schüttler, Thomas

000: 1:10:43

00: clever ft lampertheim

00: 150

00: 25.75 km

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

00000/000: 75 (of 322)

00000/0: 70 (of 260)

000000: 58:22

0000:

00000: 11(of 26)

männl. AK 4 (TM 35-39)

0000000: 1:00:01

0000

0000

000

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	9:43	3.09	7	1:30	59	2:59	0.50	9:43	3.09	27	0:33	25	0:37
Wechsel Schwim	0.20	2:13	5.41	12	0:33	84	0:47	0.70	11:56	3.52	27	0:49	259	1:05
Schwimmen 000	0.70	11:56	3.52	27	0:49	259	1:05	0.70	11:56	3.52	27	0:49	259	1:05
Rad	20.00	35:53	33.44	14	4:48	106	5:08	20.70	47:49	25.97	27	4:31	259	5:56
Wechsel Rad-Lau	0.05	0:52	3.46	9	0:12	72	0:49	20.75	48:41	25.57	27	4:32	256	5:57
Rad 000	20.05	36:45	32.73	12	4:55	98	5:08	20.75	48:41	25.57	27	4:32	256	5:57
Lauf	5.00	22:02	13.62	12	4:18	83	6:30	25.75	1:10:43	21.85	11	10:42	71	12:21