



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Huber, Martin

000: 1:12:02

00: 152

00: 25.75 km

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

00000/000: 94 (of 322)

00000/0: 87 (of 260)

000000: 58:22

0000:

00000: 17(of 51)

Senioren 2 (TM 45.49)

0000000: 1:01:48

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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	9:16	3.24	9	1:32	41	2:32	0.50	9:16	3.24	51	0:30	259	0:10
Wechsel Schwim	0.20	2:29	4.83	22	1:01	113	1:03	0.70	11:45	3.57	51	1:08	259	0:54
Schwimmen 000	0.70	11:45	3.57	51	1:08	259	0:54	0.70	11:45	3.57	51	1:08	259	0:54
Rad	20.00	35:24	33.90	20	4:22	91	4:39	20.70	47:09	26.34	51		259	5:16
Wechsel Rad-Lau	0.05	0:54	3.33	15	0:23	85	0:51	20.75	48:03	25.91	50		256	5:19
Rad 000	20.05	36:18	33.14	19	4:25	86	4:41	20.75	48:03	25.91	50		256	5:19
Lauf	5.00	23:59	12.51	29	4:54	148	8:27	25.75	1:12:02	21.45	18	10:14	89	13:40