



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Walter, Bernd

000: 1:12:54

00: 166

00: 25.75 km

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

0000:

Senioren 1 (TM 40-44)

00000/000: 105 (of 322)

00000/0: 98 (of 260)

000000: 58:22

00000: 26(of 53)

0000000: 1:00:40

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen	0.50	9:59	3.01	17	2:11	78	3:15	0.50	9:59	3.01	54		259	0:53
Wechsel Schwim	0.20	2:16	5.29	21	0:43	90	0:50	0.70	12:15	3.43	54	0:05	259	1:24
Schwimmen 000	0.70	12:15	3.43	54	0:05	259	1:24	0.70	12:15	3.43	54	0:05	259	1:24
Rad	20.00	36:18	33.06	28	5:33	116	5:33	20.70	48:33	25.58	54	2:49	259	6:40
Wechsel Rad-Lau	0.05	0:54	3.33	23	0:28	85	0:51	20.75	49:27	25.18	54	2:54	256	6:43
Rad 000	20.05	37:12	32.34	28	5:35	111	5:35	20.75	49:27	25.18	54	2:54	256	6:43
Lauf	5.00	23:27	12.79	34	7:06	129	7:55	25.75	1:12:54	21.19	26	12:14	100	14:32