



10. Lorsche Triathlon

Lorsch / 11.08.2013

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Blesing, Michael

000: 1:14:32

00: Heppenheimer Skiclub

00: 161

00: 25.75 km

Lorsche Triathlon 0,5-20,0-5,0

00000/000: 133 (of 322)

00000/0: 120 (of 260)

000000: 58:22

0000:

00000: 15(of 26)

männl. AK 4 (TM 35-39)

0000000: 1:00:01

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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	12:28	2.41	23	4:15	196	5:44	0.50	12:28	2.41	27	3:18	259	3:22
Wechsel Schwim	0.20	1:59	6.05	10	0:19	59	0:33	0.70	14:27	2.91	27	3:20	40	3:36
Schwimmen 000	0.70	14:27	2.91	27	3:20	40	3:36	0.70	14:27	2.91	27	3:20	40	3:36
Rad	20.00	36:33	32.83	16	5:28	121	5:48	20.70	51:00	24.35	27	7:42	259	9:07
Wechsel Rad-Lau	0.05	0:59	3.05	15	0:19	112	0:56	20.75	51:59	23.95	27	7:50	256	9:15
Rad 000	20.05	37:32	32.05	16	5:42	118	5:55	20.75	51:59	23.95	27	7:50	256	9:15
Lauf	5.00	22:33	13.30	15	4:49	101	7:01	25.75	1:14:32	20.73	15	14:31	122	16:10