



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Hoffmann, Lars

000: 1:18:25

00: 156

00: 25.75 km

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

0000:

Senioren 2 (TM 45.49)

00000/000: 189 (of 322)

00000/0: 166 (of 260)

000000: 58:22

00000: 34(of 51)

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	13:56	2.15	45	6:12	237	7:12	0.50	13:56	2.15	51	5:10	259	4:50
Wechsel Schwim	0.20	2:25	4.97	20	0:57	107	0:59	0.70	16:21	2.57	51	5:44	259	5:30
Schwimmen 000	0.70	16:21	2.57	51	5:44	259	5:30	0.70	16:21	2.57	51	5:44	259	5:30
Rad	20.00	37:36	31.91	32	6:34	155	6:51	20.70	53:57	23.02	51	5:26	259	12:04
Wechsel Rad-Lau	0.05	1:34	1.91	41	1:03	215	1:31	20.75	55:31	22.43	50	6:08	256	12:47
Rad 000	20.05	39:10	30.71	38	7:17	168	7:33	20.75	55:31	22.43	50	6:08	256	12:47
Lauf	5.00	22:54	13.10	23	3:49	110	7:22	25.75	1:18:25	19.70	35	16:37	168	20:03