



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Schmunkamp, Marc

000: 1:21:21

00: 173

00: 25.75 km

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

0000:

männl. AK 3 (TM 30-34)

00000/000: 219 (of 322)

00000/0: 190 (of 260)

000000: 58:22

00000: 21(of 25)

0000000: 1:03:04

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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	11:23	2.64	16	3:01	153	4:39	0.50	11:23	2.64	15		259	2:17
Wechsel Schwim	0.20	3:09	3.81	18	1:29	189	1:43	0.70	14:32	2.89	15		259	3:41
Schwimmen 000	0.70	14:32	2.89	15		259	3:41	0.70	14:32	2.89	15		259	3:41
Rad	20.00	42:04	28.53	23	10:06	234	11:19	20.70	56:36	21.94	15		259	14:43
Wechsel Rad-Lau	0.05	1:05	2.77	14	0:35	140	1:02	20.75	57:41	21.58	15		256	14:57
Rad 000	20.05	43:09	27.88	23	10:24	232	11:32	20.75	57:41	21.58	15		256	14:57
Lauf	5.00	23:40	12.68	16	5:45	137	8:08	25.75	1:21:21	18.99	22	18:17	192	22:59