



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Neumann, Bastian

000: 1:24:37

00: 192

00: 25.75 km

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

0000:

männl. AK 2 (TM 25-29)

00000/000: 247 (of 322)

00000/0: 212 (of 260)

000000: 58:22

00000: 10(of 11)

0000000: 1:00:41

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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	13:45	2.18	11	5:09	235	7:01	0.50	13:45	2.18	12	2:15	259	4:39
Wechsel Schwim	0.20	3:52	3.10	11	2:10	233	2:26	0.70	17:37	2.38	12	2:49	42	6:46
Schwimmen 000	0.70	17:37	2.38	12	2:49	42	6:46	0.70	17:37	2.38	12	2:49	42	6:46
Rad	20.00	38:33	31.13	7	5:55	181	7:48	20.70	56:10	22.11	12	8:15	259	14:17
Wechsel Rad-Lau	0.05	1:52	1.61	11	1:49	238	1:49	20.75	58:02	21.45	12	9:12	256	15:18
Rad 000	20.05	40:25	29.76	8	6:48	190	8:48	20.75	58:02	21.45	12	9:12	256	15:18
Lauf	5.00	26:35	11.29	10	9:49	195	11:03	25.75	1:24:37	18.26	10	23:56	214	26:15