



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Hartl, Manuel

000: 1:11:35

00: melibokus-biker.de

00: 16

00: 25.75 km

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

00000/000: 84 (of 322)

00000/0: 79 (of 260)

000000: 58:22

0000:

00000: 12(of 25)

männl. AK 3 (TM 30-34)

0000000: 1:03:04

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen	0.50	10:16	2.92	12	1:54	99	3:32	0.50	10:16	2.92	25		16	1:10
Wechsel Schwim	0.20	2:37	4.59	13	0:57	133	1:11	0.70	12:53	3.26	25		16	2:02
Schwimmen 000	0.70	12:53	3.26	25		16	2:02	0.70	12:53	3.26	25		16	2:02
Rad	20.00	35:00	34.29	10	3:02	72	4:15	20.70	47:53	25.94	25		16	6:00
Wechsel Rad-Lau	0.05	0:56	3.21	11	0:26	100	0:53	20.75	48:49	25.50	25		16	6:05
Rad 000	20.05	35:56	33.48	10	3:11	70	4:19	20.75	48:49	25.50	25		16	6:05
Lauf	5.00	22:46	13.18	14	4:51	107	7:14	25.75	1:11:35	21.58	13	8:31	81	13:13