



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Vakalopoulos, Matthias

000: 1:05:18

00: TV Lampertheim Triathlon

00: 226

00: 25.75 km

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

00000/000: 28 (of 322)

00000/0: 26 (of 260)

000000: 58:22

0000:

00000: 6(of 16)

männl. AK 1 (TM 20-24)

0000000: 58:22

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen	0.50	9:46	3.07	11	3:02	63	3:02	0.50	9:46	3.07	17			259	0:40
Wechsel Schwim	0.20	1:41	7.13	5	0:15	19	0:15	0.70	11:27	3.67	17			259	0:36
Schwimmen 000	0.70	11:27	3.67	17		259	0:36	0.70	11:27	3.67	17			259	0:36
Rad	20.00	31:58	37.54	2	0:36	9	1:13	20.70	43:25	28.61	17			259	1:32
Wechsel Rad-Lau	0.05	0:41	4.39	3	0:07	21	0:38	20.75	44:06	28.23	16			256	1:22
Rad 000	20.05	32:39	36.85	2	0:43	8	1:02	20.75	44:06	28.23	16			256	1:22
Lauf	5.00	21:12	14.15	8	5:40	59	5:40	25.75	1:05:18	23.66	6	6:56	27	6:56	