



10. Lorsche Triathlon

Lorsch / 11.08.2013

Crnjak

Crnjak, Markus

1:06:45

234

25.75 km

Lorsche Triathlon 0,5-20,0-5,0

37 (of 322)

35 (of 260)

58:22

5 (of 26)

1:00:01

männl.

AK 4 (TM 35-39)

Crnjak

Crnjak

Crnjak

Crnjak	km	Crnjak	km/h	-	-	Crnjak	Crnjak	Crnjak	Crnjak	Crnjak	Crnjak	Crnjak	Crnjak	Crnjak
Crnjak	km	Crnjak	km/h	-	-	Crnjak	Crnjak	Crnjak	Crnjak	Crnjak	Crnjak	Crnjak	Crnjak	Crnjak
Schwimmen	0.50	9:37	3.12	6	1:24	52	2:53	0.50	9:37	3.12	13	0:27	259	0:31
Wechsel Schwim	0.20	1:58	6.10	9	0:18	57	0:32	0.70	11:35	3.63	13	0:28	259	0:44
Schwimmen Crnjak	0.70	11:35	3.63	13	0:28	259	0:44	0.70	11:35	3.63	13	0:28	259	0:44
Rad	20.00	34:44	34.55	8	3:39	66	3:59	20.70	46:19	26.82	13	3:01	259	4:26
Wechsel Rad-Lau	0.05	0:54	3.33	10	0:14	85	0:51	20.75	47:13	26.37	13	3:04	256	4:29
Rad Crnjak	20.05	35:38	33.76	8	3:48	61	4:01	20.75	47:13	26.37	13	3:04	256	4:29
Lauf	5.00	19:32	15.36	3	1:48	21	4:00	25.75	1:06:45	23.15	5	6:44	36	8:23