



10. Lorscher Triathlon

Lorsch / 11.08.2013

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Dackau, Dieter

000: 1:28:43

00: 172

00: 25.75 km

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

00000/000: 276 (of 322)

00000/0: 229 (of 260)

000000: 58:22

0000:

00000: 3(of 4)

Senioren 7 (TM 70-74)

0000000: 1:20:34

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	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Schwimmen	0.50	11:11	2.68	1	-	143	4:27	0.50	11:11	2.68	2		8	2:05
Wechsel Schwim	0.20	2:47	4.31	3	0:23	150	1:21	0.70	13:58	3.01	2		259	3:07
Schwimmen 000	0.70	13:58	3.01	2		259	3:07	0.70	13:58	3.01	2		259	3:07
Rad	20.00	41:42	28.78	2	6:10	229	10:57	20.70	55:40	22.31	2		259	13:47
Wechsel Rad-Lau	0.05	1:25	2.12	3	0:36	201	1:22	20.75	57:05	21.81	2		256	14:21
Rad 000	20.05	43:07	27.90	3	6:33	230	11:30	20.75	57:05	21.81	2		256	14:21
Lauf	5.00	31:38	9.48	3	4:04	239	16:06	25.75	1:28:43	17.41	3	8:09	231	30:21