



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Stapler, Wolfgang

000: 1:29:43

00: 146

00: 25.75 km

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

0000:

Senioren 6 (TM 65-69)

00000/000: 283 (of 322)

00000/0: 234 (of 260)

000000: 58:22

00000: 6(of 7)

0000000: 1:13:55

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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	15:17	1.96	6	5:52	250	8:33	0.50	15:17	1.96	8	4:45	259	6:11
Wechsel Schwim	0.20	3:34	3.36	7	1:26	222	2:08	0.70	18:51	2.23	8	5:07	259	8:00
Schwimmen 000	0.70	18:51	2.23	8	5:07	259	8:00	0.70	18:51	2.23	8	5:07	259	8:00
Rad	20.00	39:01	30.76	5	3:51	191	8:16	20.70	57:52	21.46	8	2:52	259	15:59
Wechsel Rad-Lau	0.05	1:27	2.07	5	0:20	204	1:24	20.75	59:19	20.99	8	3:02	256	16:35
Rad 000	20.05	40:28	29.73	5	4:06	191	8:51	20.75	59:19	20.99	8	3:02	256	16:35
Lauf	5.00	30:24	9.87	7	6:03	235	14:52	25.75	1:29:43	17.22	6	15:48	236	31:21