



# 10. Lorsch Triathlon

Lorsch / 11.08.2013

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Gollwitzer, Matthias

000: 1:10:03

00: SV Tri City Darmstadt

00: 224

00: 25.75 km

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

00000/000: 68 (of 322)

00000/0: 63 (of 260)

000000: 58:22

0000:

00000: 4(of 32)

Senioren 3 (TM 50-54)

0000000: 1:04:52

0000

0000

000

| 000             | 00<br>km | 00<br>00 | 00<br>km/h | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000   | 000<br>00 | 000<br>km/h | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|-----------|-------------|---------|---------|---------|---------|
| Schwimmen       | 0.50     | 9:33     | 3.14       | 3       | 0:58    | 47      | 2:49    | 0.50  | 9:33      | 3.14        | 21      |         | 259     | 0:27    |
| Wechsel Schwim  | 0.20     | 1:51     | 6.49       | 4       | 0:17    | 37      | 0:25    | 0.70  | 11:24     | 3.68        | 21      |         | 259     | 0:33    |
| Schwimmen 000   | 0.70     | 11:24    | 3.68       | 21      |         | 259     | 0:33    | 0.70  | 11:24     | 3.68        | 21      |         | 259     | 0:33    |
| Rad             | 20.00    | 35:25    | 33.88      | 9       | 2:04    | 92      | 4:40    | 20.70 | 46:49     | 26.53       | 21      |         | 259     | 4:56    |
| Wechsel Rad-Lau | 0.05     | 1:07     | 2.69       | 17      | 0:27    | 148     | 1:04    | 20.75 | 47:56     | 25.97       | 21      |         | 256     | 5:12    |
| Rad 000         | 20.05    | 36:32    | 32.93      | 9       | 2:22    | 91      | 4:55    | 20.75 | 47:56     | 25.97       | 21      |         | 256     | 5:12    |
| Lauf            | 5.00     | 22:07    | 13.56      | 6       | 2:40    | 89      | 6:35    | 25.75 | 1:10:03   | 22.06       | 4       | 5:11    | 64      | 11:41   |