



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Weirich, Joachim

000: 1:12:22

00: 217

00: 25.75 km

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

00000/000: 99 (of 322)

00000/0: 93 (of 260)

000000: 58:22

0000:

Senioren 3 (TM 50-54)

00000: 7(of 32)

0000000: 1:04:52

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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	11:01	0.00	15	2:26	140	4:17	0.50	11:01	0.00	19		259	1:55
Wechsel Schwim	0.20	2:18	0.00	9	0:44	93	0:52	0.70	13:19	0.00	19		8	2:28
Schwimmen 000	0.70	13:19	0.00	19		8	2:28	0.70	13:19	0.00	19		8	2:28
Rad	20.00	36:38	32.76	15	3:17	123	5:53	20.70	49:57	24.02	19		259	8:04
Wechsel Rad-Lau	0.05	1:37	0.00	25	0:57	220	1:34	20.75	51:34	23.27	19		256	8:50
Rad 000	20.05	38:15	31.37	18	4:05	138	6:38	20.75	51:34	23.27	19		256	8:50
Lauf	5.00	20:48	14.42	3	1:21	49	5:16	25.75	1:12:22	20.73	7	7:30	95	14:00