



10. Lorsche Triathlon

Lorsch / 11.08.2013

0000

Schad, Andreas

000: 1:12:44

00: Sponge aus Mannheim

00: 236

00: 25.75 km

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

0000:

Senioren 1 (TM 40-44)

00000/000: 103 (of 322)

00000/0: 95 (of 260)

000000: 58:22

00000: 25(of 53)

0000000: 1:00:40

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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	13:06	2.29	46	5:18	219	6:22	0.50	13:06	2.29	54	3:00	259	4:00
Wechsel Schwim	0.20	2:14	5.37	19	0:41	85	0:48	0.70	15:20	2.74	54	3:10	259	4:29
Schwimmen 000	0.70	15:20	2.74	54	3:10	259	4:29	0.70	15:20	2.74	54	3:10	259	4:29
Rad	20.00	35:06	34.19	19	4:21	77	4:21	20.70	50:26	24.63	54	4:42	259	8:33
Wechsel Rad-Lau	0.05	1:29	2.02	47	1:03	208	1:26	20.75	51:55	23.98	54	5:22	256	9:11
Rad 000	20.05	36:35	32.88	23	4:58	93	4:58	20.75	51:55	23.98	54	5:22	256	9:11
Lauf	5.00	20:49	14.41	13	4:28	51	5:17	25.75	1:12:44	21.24	25	12:04	97	14:22