



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Bauer, Timo

000: 1:11:47

00: 24

00: 25.75 km

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

0000:

Senioren 1 (TM 40-44)

00000/000: 89 (of 322)

00000/0: 83 (of 260)

000000: 58:22

00000: 22(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	10:55	2.75	26	3:07	128	4:11	0.50	10:55	2.75	54	0:49	18	1:49
Wechsel Schwim	0.20	1:52	6.43	10	0:19	41	0:26	0.70	12:47	3.29	54	0:37	18	1:56
Schwimmen 000	0.70	12:47	3.29	54	0:37	18	1:56	0.70	12:47	3.29	54	0:37	18	1:56
Rad	20.00	36:40	32.73	29	5:55	125	5:55	20.70	49:27	25.12	19	3:43	18	7:34
Wechsel Rad-Lau	0.05	0:32	5.63	2	0:06	6	0:29	20.75	49:59	24.91	54	3:26	18	7:15
Rad 000	20.05	37:12	32.34	27	5:35	110	5:35	20.75	49:59	24.91	54	3:26	18	7:15
Lauf	5.00	21:48	13.76	21	5:27	77	6:16	25.75	1:11:47	21.52	22	11:07	85	13:25