



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Freidel, Edgar

000: 1:33:02

00: 189

00: 25.75 km

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

00000/000: 297 (of 322)

00000/0: 243 (of 260)

000000: 58:22

0000:

Senioren 6 (TM 65-69)

00000: 7(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	16:51	1.78	7	7:26	257	10:07	0.50	16:51	1.78	8	6:19	259	7:45
Wechsel Schwim	0.20	3:07	3.85	4	0:59	187	1:41	0.70	19:58	2.10	8	6:14	259	9:07
Schwimmen 000	0.70	19:58	2.10	8	6:14	259	9:07	0.70	19:58	2.10	8	6:14	259	9:07
Rad	20.00	43:18	27.71	7	8:08	245	12:33	20.70	1:03:16	19.63	8	8:16	259	21:23
Wechsel Rad-Lau	0.05	1:45	1.71	6	0:38	228	1:42	20.75	1:05:01	19.15	8	8:44	256	22:17
Rad 000	20.05	45:03	26.70	7	8:41	246	13:26	20.75	1:05:01	19.15	8	8:44	256	22:17
Lauf	5.00	28:01	10.71	5	3:40	213	12:29	25.75	1:33:02	16.61	7	19:07	245	34:40