



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Gaa, Johann

000: 1:33:54

00: 185

00: 25.75 km

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

00000/000: 301 (of 322)

00000/0: 247 (of 260)

000000: 58:22

0000:

männl. AK 3 (TM 30-34)

00000: 24(of 25)

0000000: 1:03:04

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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	16:19	1.84	24	7:57	256	9:35	0.50	16:19	1.84	12	2:48	259	7:13
Wechsel Schwim	0.20	2:47	4.31	14	1:07	150	1:21	0.70	19:06	2.20	12	2:20	259	8:15
Schwimmen 000	0.70	19:06	2.20	12	2:20	259	8:15	0.70	19:06	2.20	12	2:20	259	8:15
Rad	20.00	43:14	27.76	24	11:16	242	12:29	20.70	1:02:20	19.93	12	5:26	259	20:27
Wechsel Rad-Lau	0.05	1:19	2.28	21	0:49	189	1:16	20.75	1:03:39	19.56	12	5:05	256	20:55
Rad 000	20.05	44:33	27.00	24	11:48	244	12:56	20.75	1:03:39	19.56	12	5:05	256	20:55
Lauf	5.00	30:15	9.92	22	12:20	231	14:43	25.75	1:33:54	16.45	25	30:50	249	35:32