



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Kirschner, Eric

000: 1:15:13

00: 213

00: 25.75 km

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

0000:

Senioren 5 (TM 60-64)

00000/000: 142 (of 322)

00000/0: 128 (of 260)

000000: 58:22

00000: 2(of 10)

0000000: 1:10:54

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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	10:09	2.96	2	0:22	91	3:25	0.50	10:09	2.96	11		259	1:03
Wechsel Schwim	0.20	2:14	5.37	2	0:17	85	0:48	0.70	12:23	3.39	11		259	1:32
Schwimmen 000	0.70	12:23	3.39	11		259	1:32	0.70	12:23	3.39	11		259	1:32
Rad	20.00	36:26	32.94	2	1:04	118	5:41	20.70	48:49	25.44	11		259	6:56
Wechsel Rad-Lau	0.05	1:11	2.54	7	0:33	161	1:08	20.75	50:00	24.90	11		256	7:16
Rad 000	20.05	37:37	31.98	2	1:37	120	6:00	20.75	50:00	24.90	11		256	7:16
Lauf	5.00	25:13	11.90	5	2:03	180	9:41	25.75	1:15:13	20.54	2	4:19	130	16:51