



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Bensching, Stefan

000: 1:16:01

00: 233

00: 25.75 km

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

0000:

Senioren 2 (TM 45.49)

00000/000: 159 (of 322)

00000/0: 142 (of 260)

000000: 58:22

00000: 32(of 51)

0000000: 1:01:48

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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	11:28	2.62	34	3:44	156	4:44	0.50	11:28	2.62	51	2:42	259	2:22
Wechsel Schwim	0.20	2:34	4.68	27	1:06	123	1:08	0.70	14:02	2.99	51	3:25	259	3:11
Schwimmen 000	0.70	14:02	2.99	51	3:25	259	3:11	0.70	14:02	2.99	51	3:25	259	3:11
Rad	20.00	36:42	32.70	28	5:40	127	5:57	20.70	50:44	24.48	51	2:13	259	8:51
Wechsel Rad-Lau	0.05	1:34	1.91	41	1:03	215	1:31	20.75	52:18	23.80	50	2:55	256	9:34
Rad 000	20.05	38:16	31.44	30	6:23	140	6:39	20.75	52:18	23.80	50	2:55	256	9:34
Lauf	5.00	23:43	12.65	26	4:38	138	8:11	25.75	1:16:01	20.32	33	14:13	144	17:39