



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Cop, Fryderyk

000: 1:16:49

00: TRIA Leierhans

00: 193

00: 25.75 km

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

00000/000: 169 (of 322)

00000/0: 151 (of 260)

000000: 58:22

0000:

00000: 4(of 10)

Senioren 5 (TM 60-64)

0000000: 1:10:54

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen	0.50	10:28	2.87	3	0:41	104	3:44	0.50	10:28	2.87	11		259	1:22
Wechsel Schwim	0.20	2:58	4.04	5	1:01	169	1:32	0.70	13:26	3.13	11		259	2:35
Schwimmen 000	0.70	13:26	3.13	11		259	2:35	0.70	13:26	3.13	11		259	2:35
Rad	20.00	37:57	31.62	5	2:35	168	7:12	20.70	51:23	24.17	11		259	9:30
Wechsel Rad-Lau	0.05	0:54	3.33	4	0:16	85	0:51	20.75	52:17	23.81	11		256	9:33
Rad 000	20.05	38:51	30.97	5	2:51	159	7:14	20.75	52:17	23.81	11		256	9:33
Lauf	5.00	24:32	12.23	3	1:22	160	9:00	25.75	1:16:49	20.11	4	5:55	153	18:27