



10. Lorsche Triathlon

Lorsch / 11.08.2013

0000

Plicka, Pitt

000: 1:22:02

00: 206

00: 25.75 km

Lorsche Triathlon 0,5-20,0-5,0

00000/000: 227 (of 322)

00000/0: 195 (of 260)

000000: 58:22

0000:

00000: 44(of 53)

Senioren 1 (TM 40-44)

0000000: 1:00:40

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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	12:37	2.38	43	4:49	202	5:53	0.50	12:37	2.38	54	2:31	259	3:31
Wechsel Schwim	0.20	3:33	3.38	45	2:00	221	2:07	0.70	16:10	2.60	54	4:00	259	5:19
Schwimmen 000	0.70	16:10	2.60	54	4:00	259	5:19	0.70	16:10	2.60	54	4:00	259	5:19
Rad	20.00	41:44	28.75	49	10:59	230	10:59	20.70	57:54	21.45	54	12:10	259	16:01
Wechsel Rad-Lau	0.05	0:42	4.29	5	0:16	27	0:39	20.75	58:36	21.25	54	12:03	256	15:52
Rad 000	20.05	42:26	28.35	49	10:49	224	10:49	20.75	58:36	21.25	54	12:03	256	15:52
Lauf	5.00	23:26	12.80	32	7:05	127	7:54	25.75	1:22:02	18.83	44	21:22	197	23:40