



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Kley, Bernd

000: 1:12:44

00: LLG Wonnegau

00: 17

00: 25.75 km

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

00000/000: 102 (of 322)

00000/0: 95 (of 260)

000000: 58:22

0000:

00000: 9(of 32)

Senioren 3 (TM 50-54)

0000000: 1:04:52

0000

0000

000

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	11:22	2.64	17	2:47	152	4:38	0.50	11:22	2.64	33		21	2:16
Wechsel Schwim	0.20	2:38	4.56	13	1:04	135	1:12	0.70	14:00	3.00	33		21	3:09
Schwimmen 000	0.70	14:00	3.00	33		21	3:09	0.70	14:00	3.00	33		21	3:09
Rad	20.00	35:36	33.71	10	2:15	98	4:51	20.70	49:36	25.04	33		21	7:43
Wechsel Rad-Lau	0.05	0:49	3.67	4	0:09	57	0:46	20.75	50:25	24.69	33		21	7:41
Rad 000	20.05	36:25	33.03	8	2:15	89	4:48	20.75	50:25	24.69	33		21	7:41
Lauf	5.00	22:19	13.44	7	2:52	93	6:47	25.75	1:12:44	21.24	9	7:52	97	14:22