



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Prenzel, Lutz

000: 1:25:14

00: 239

00: 25.75 km

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

0000:

Senioren 5 (TM 60-64)

00000/000: 251 (of 322)

00000/0: 215 (of 260)

000000: 58:22

00000: 8(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	13:01	2.30	7	3:14	215	6:17	0.50	13:01	2.30	11	1:05	259	3:55
Wechsel Schwim	0.20	3:24	3.53	7	1:27	211	1:58	0.70	16:25	2.56	11	1:40	259	5:34
Schwimmen 000	0.70	16:25	2.56	11	1:40	259	5:34	0.70	16:25	2.56	11	1:40	259	5:34
Rad	20.00	43:00	27.91	9	7:38	241	12:15	20.70	59:25	20.90	11	7:47	259	17:32
Wechsel Rad-Lau	0.05	0:59	3.05	6	0:21	112	0:56	20.75	1:00:24	20.61	11	7:15	256	17:40
Rad 000	20.05	43:59	27.35	9	7:59	238	12:22	20.75	1:00:24	20.61	11	7:15	256	17:40
Lauf	5.00	24:50	12.08	4	1:40	168	9:18	25.75	1:25:14	18.13	8	14:20	217	26:52