



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Kern, Frank-Joachim

000: 1:26:10

00: 223

00: 25.75 km

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

0000:

Senioren 3 (TM 50-54)

00000/000: 257 (of 322)

00000/0: 218 (of 260)

000000: 58:22

00000: 27(of 32)

0000000: 1:04:52

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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	10:55	2.75	13	2:20	128	4:11	0.50	10:55	2.75	14		18	1:49
Wechsel Schwim	0.20	2:52	4.19	17	1:18	162	1:26	0.70	13:47	3.05	14		259	2:56
Schwimmen 000	0.70	13:47	3.05	14		259	2:56	0.70	13:47	3.05	14		259	2:56
Rad	20.00	40:02	29.98	26	6:41	206	9:17	20.70	53:49	23.08	14	1:59	259	11:56
Wechsel Rad-Lau	0.05	2:02	1.48	32	1:22	247	1:59	20.75	55:51	22.29	14	3:01	256	13:07
Rad 000	20.05	42:04	28.60	28	7:54	218	10:27	20.75	55:51	22.29	14	3:01	256	13:07
Lauf	5.00	30:19	9.90	31	10:52	234	14:47	25.75	1:26:10	17.93	27	21:18	220	27:48