



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Hochstadt, Karl

000: 1:27:19

00: 228

00: 25.75 km

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

00000/000: 264 (of 322)

00000/0: 224 (of 260)

000000: 58:22

0000:

00000: 17(of 20)

Senioren 4 (TM 55-59)

0000000: 1:07:00

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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	14:03	2.14	19	6:03	239	7:19	0.50	14:03	2.14	12	1:33	259	4:57
Wechsel Schwim	0.20	6:25	1.87	20	4:42	258	4:59	0.70	20:28	2.05	12	3:44	259	9:37
Schwimmen 000	0.70	20:28	2.05	12	3:44	259	9:37	0.70	20:28	2.05	12	3:44	259	9:37
Rad	20.00	41:33	28.88	18	7:32	227	10:48	20.70	1:02:01	20.03	12	5:20	259	20:08
Wechsel Rad-Lau	0.05	1:39	1.82	16	0:55	222	1:36	20.75	1:03:40	19.55	1	-	256	20:56
Rad 000	20.05	43:12	27.85	18	8:13	233	11:35	20.75	1:03:40	19.55	1	-	256	20:56
Lauf	5.00	23:39	12.68	7	3:51	136	8:07	25.75	1:27:19	17.69	17	20:19	226	28:57