



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Closset, Olivier

000: 1:07:56

00: 269

00: 25.75 km

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

00000/000: 45 (of 322)

00000/0: 43 (of 260)

000000: 58:22

0000:

00000: 11(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	10:59	2.73	28	3:11	136	4:15	0.50	10:59	2.73	54	0:53	259	1:53
Wechsel Schwim	0.20	2:04	5.81	15	0:31	67	0:38	0.70	13:03	3.22	54	0:53	259	2:12
Schwimmen 000	0.70	13:03	3.22	54	0:53	259	2:12	0.70	13:03	3.22	54	0:53	259	2:12
Rad	20.00	33:06	36.25	8	2:21	28	2:21	20.70	46:09	26.91	54	0:25	259	4:16
Wechsel Rad-Lau	0.05	1:10	2.57	38	0:44	157	1:07	20.75	47:19	26.31	54	0:46	256	4:35
Rad 000	20.05	34:16	35.11	9	2:39	34	2:39	20.75	47:19	26.31	54	0:46	256	4:35
Lauf	5.00	20:37	14.55	10	4:16	43	5:05	25.75	1:07:56	22.74	11	7:16	44	9:34