



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Eiber, Roman

000: 1:30:34

00: 218

00: 25.75 km

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

00000/000: 287 (of 322)

00000/0: 237 (of 260)

000000: 58:22

0000:

00000: 18(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	12:30	2.40	12	4:30	197	5:46	0.50	12:30	2.40	1	-	259	3:24
Wechsel Schwim	0.20	4:14	2.83	17	2:31	245	2:48	0.70	16:44	2.51	1	-	33	5:53
Schwimmen 000	0.70	16:44	2.51	1	-	33	5:53	0.70	16:44	2.51	1	-	33	5:53
Rad	20.00	39:57	30.04	15	5:56	204	9:12	20.70	56:41	21.91	1	-	259	14:48
Wechsel Rad-Lau	0.05	2:08	1.41	19	1:24	250	2:05	20.75	58:49	21.17	10		256	16:05
Rad 000	20.05	42:05	28.59	17	7:06	220	10:28	20.75	58:49	21.17	10		256	16:05
Lauf	5.00	31:45	9.45	18	11:57	241	16:13	25.75	1:30:34	17.06	18	23:34	239	32:12