



10. Lorsche Triathlon

Lorsch / 11.08.2013

0000

Nissen, Jan

000: 1:10:44

00: 270

00: 25.75 km

Lorsche Triathlon 0,5-20,0-5,0

0000:

männl. AK 3 (TM 30-34)

00000/000: 76 (of 322)

00000/0: 71 (of 260)

000000: 58:22

00000: 10(of 25)

0000000: 1:03:04

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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	8:56	3.36	3	0:34	25	2:12	0.50	8:56	3.36	25		259	
Wechsel Schwim	0.20	2:16	5.29	10	0:36	90	0:50	0.70	11:12	3.75	25		6	0:21
Schwimmen 000	0.70	11:12	3.75	25		6	0:21	0.70	11:12	3.75	25		6	0:21
Rad	20.00	36:59	32.45	13	5:01	138	6:14	20.70	48:11	25.78	25		259	6:18
Wechsel Rad-Lau	0.05	0:52	3.46	10	0:22	72	0:49	20.75	49:03	25.38	25		256	6:19
Rad 000	20.05	37:51	31.78	13	5:06	129	6:14	20.75	49:03	25.38	25		256	6:19
Lauf	5.00	21:41	13.84	9	3:46	74	6:09	25.75	1:10:44	21.84	11	7:40	73	12:22