



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Sabitzer, Kevin

000: 1:12:53

00: MTG Mannheim Triathlon

00: 11

00: 25.75 km

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

0000:

männl. AK 1 (TM 20-24)

00000/000: 104 (of 322)

00000/0: 97 (of 260)

000000: 58:22

00000: 11(of 16)

0000000: 58:22

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	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	9:51	3.05	12	3:07	70	3:07	0.50	9:51	3.05	1	-	22	0:45
Wechsel Schwim	0.20	2:04	5.81	12	0:38	67	0:38	0.70	11:55	3.52	1	-	22	1:04
Schwimmen 000	0.70	11:55	3.52	1	-	22	1:04	0.70	11:55	3.52	1	-	22	1:04
Rad	20.00	36:22	33.00	12	5:00	117	5:37	20.70	48:17	25.72	1	-	22	6:24
Wechsel Rad-Lau	0.05	1:20	2.25	14	0:46	192	1:17	20.75	49:37	25.09	1	-	22	6:53
Rad 000	20.05	37:42	31.91	12	5:46	122	6:05	20.75	49:37	25.09	1	-	22	6:53
Lauf	5.00	23:16	12.89	11	7:44	121	7:44	25.75	1:12:53	21.20	11	14:31	99	14:31