



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Prentzel, Dieter

000: 1:11:31

00: 282

00: 25.75 km

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

00000/000: 83 (of 322)

00000/0: 78 (of 260)

000000: 58:22

0000:

00000: 11(of 25)

männl. AK 3 (TM 30-34)

0000000: 1:03:04

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen	0.50	10:55	2.75	13	2:33	128	4:11	0.50	10:55	2.75	25			18	1:49
Wechsel Schwim	0.20	2:34	4.68	12	0:54	123	1:08	0.70	13:29	3.11	25			259	2:38
Schwimmen 000	0.70	13:29	3.11	25		259	2:38	0.70	13:29	3.11	25			259	2:38
Rad	20.00	35:03	34.24	11	3:05	76	4:18	20.70	48:32	25.59	25			259	6:39
Wechsel Rad-Lau	0.05	1:13	2.47	19	0:43	170	1:10	20.75	49:45	25.03	25			256	7:01
Rad 000	20.05	36:16	33.17	11	3:31	83	4:39	20.75	49:45	25.03	25			256	7:01
Lauf	5.00	21:46	13.78	10	3:51	76	6:14	25.75	1:11:31	21.60	12	8:27		80	13:09