



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Wallenwein, Thorsten

000: 1:11:28

00: 284

00: 25.75 km

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

00000/000: 82 (of 322)

00000/0: 77 (of 260)

000000: 58:22

0000:

00000: 15(of 51)

Senioren 2 (TM 45.49)

0000000: 1:01:48

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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	10:14	2.93	20	2:30	95	3:30	0.50	10:14	2.93	13	1:28	259	1:08
Wechsel Schwim	0.20	2:00	6.00	11	0:32	60	0:34	0.70	12:14	3.43	13	1:37	259	1:23
Schwimmen 000	0.70	12:14	3.43	13	1:37	259	1:23	0.70	12:14	3.43	13	1:37	259	1:23
Rad	20.00	36:15	33.10	25	5:13	114	5:30	20.70	48:29	25.62	13		259	6:36
Wechsel Rad-Lau	0.05	1:03	2.86	22	0:32	131	1:00	20.75	49:32	25.13	13	0:09	256	6:48
Rad 000	20.05	37:18	32.25	24	5:25	112	5:41	20.75	49:32	25.13	13	0:09	256	6:48
Lauf	5.00	21:56	13.68	14	2:51	80	6:24	25.75	1:11:28	21.62	16	9:40	79	13:06