



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Mattheis, Klaus

000: 1:54:40

00: 180

00: 25.75 km

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

00000/000: 315 (of 322)

00000/0: 255 (of 260)

000000: 58:22

0000:

Senioren 7 (TM 70-74)

00000: 4(of 4)

0000000: 1:20:34

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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	18:44	1.60	4	7:33	258	12:00	0.50	18:44	1.60	4	6:25	259	9:38
Wechsel Schwim	0.20	5:23	2.23	4	2:59	257	3:57	0.70	24:07	1.74	4	9:24	259	13:16
Schwimmen 000	0.70	24:07	1.74	4	9:24	259	13:16	0.70	24:07	1.74	4	9:24	259	13:16
Rad	20.00	47:42	25.16	4	12:10	254	16:57	20.70	1:11:49	17.29	4	15:15	259	29:56
Wechsel Rad-Lau	0.05	3:05	0.97	4	2:16	255	3:02	20.75	1:14:54	16.62	4	17:31	256	32:10
Rad 000	20.05	50:47	23.69	4	14:13	255	19:10	20.75	1:14:54	16.62	4	17:31	256	32:10
Lauf	5.00	39:46	7.54	4	12:12	255	24:14	25.75	1:54:40	13.47	4	34:06	257	56:18