



10. Lorsche Triathlon

Lorsch / 11.08.2013

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Brodmann, Erwin

000: 1:18:49

00: 275

00: 25.75 km

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

0000:

Senioren 1 (TM 40-44)

00000/000: 195 (of 322)

00000/0: 171 (of 260)

000000: 58:22

00000: 38(of 53)

0000000: 1:00:40

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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	9:14	3.25	10	1:26	36	2:30	0.50	9:14	3.25	54		259	0:08
Wechsel Schwim	0.20	2:36	4.62	29	1:03	131	1:10	0.70	11:50	3.55	54		259	0:59
Schwimmen 000	0.70	11:50	3.55	54		259	0:59	0.70	11:50	3.55	54		259	0:59
Rad	20.00	38:05	31.51	38	7:20	170	7:20	20.70	49:55	24.88	54	4:11	259	8:02
Wechsel Rad-Lau	0.05	2:00	1.50	52	1:34	246	1:57	20.75	51:55	23.98	54	5:22	256	9:11
Rad 000	20.05	40:05	30.01	40	8:28	182	8:28	20.75	51:55	23.98	54	5:22	256	9:11
Lauf	5.00	26:54	11.15	45	10:33	197	11:22	25.75	1:18:49	19.60	38	18:09	173	20:27