



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Hippler, Andreas

000: 1:00:40

00: LG MuLi

00: 314

00: 25.75 km

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

0000:

Senioren 1 (TM 40-44)

00000/000: 5 (of 322)

00000/0: 4 (of 260)

000000: 58:22

00000: 1(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	9:07	3.29	7	1:19	28	2:23	0.50	9:07	3.29	11		259	0:01
Wechsel Schwim	0.20	1:35	7.58	2	0:02	6	0:09	0.70	10:42	3.93	11		259	
Schwimmen 000	0.70	10:42	3.93	11		259		0.70	10:42	3.93	11		259	
Rad	20.00	31:15	38.40	2	0:30	4	0:30	20.70	41:57	29.61	11		259	0:04
Wechsel Rad-Lau	0.05	0:57	3.16	24	0:31	104	0:54	20.75	42:54	29.02	11		256	0:10
Rad 000	20.05	32:12	37.36	2	0:35	5	0:35	20.75	42:54	29.02	11		256	0:10
Lauf	5.00	17:46	16.89	2	1:25	6	2:14	25.75	1:00:40	25.47	1	-	4	2:18