



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Smjkale, Emil

000: 1:21:44

00: 276

00: 25.75 km

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

0000:

Senioren 6 (TM 65-69)

00000/000: 223 (of 322)

00000/0: 193 (of 260)

000000: 58:22

00000: 4(of 7)

0000000: 1:13:55

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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	15:04	1.99	5	5:39	248	8:20	0.50	15:04	1.99	8	4:32	259	5:58
Wechsel Schwim	0.20	3:20	3.60	6	1:12	206	1:54	0.70	18:24	2.28	8	4:40	259	7:33
Schwimmen 000	0.70	18:24	2.28	8	4:40	259	7:33	0.70	18:24	2.28	8	4:40	259	7:33
Rad	20.00	36:12	33.15	2	1:02	112	5:27	20.70	54:36	22.75	8		259	12:43
Wechsel Rad-Lau	0.05	2:08	1.41	7	1:01	250	2:05	20.75	56:44	21.94	8	0:27	256	14:00
Rad 000	20.05	38:20	31.38	4	1:58	144	6:43	20.75	56:44	21.94	8	0:27	256	14:00
Lauf	5.00	25:00	12.00	3	0:39	172	9:28	25.75	1:21:44	18.90	4	7:49	195	23:22