



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Sanna, Marcus

000: 1:14:21

00: 32

00: 25.75 km

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

0000:

Senioren 1 (TM 40-44)

00000/000: 131 (of 322)

00000/0: 119 (of 260)

000000: 58:22

00000: 32(of 53)

0000000: 1:00:40

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen	0.50	10:56	2.74	27	3:08	132	4:12	0.50	10:56	2.74	54	0:50	26	1:50
Wechsel Schwim	0.20	2:34	4.68	28	1:01	123	1:08	0.70	13:30	3.11	54	1:20	26	2:39
Schwimmen 000	0.70	13:30	3.11	54	1:20	26	2:39	0.70	13:30	3.11	54	1:20	26	2:39
Rad	20.00	38:18	31.33	39	7:33	172	7:33	20.70	51:48	23.98	54	6:04	26	9:55
Wechsel Rad-Lat	0.05	1:05	2.77	34	0:39	140	1:02	20.75	52:53	23.54	54	6:20	26	10:09
Rad 000	20.05	39:23	30.55	38	7:46	170	7:46	20.75	52:53	23.54	54	6:20	26	10:09
Lauf	5.00	21:28	13.98	16	5:07	65	5:56	25.75	1:14:21	20.78	32	13:41	121	15:59