



10. Lorsche Triathlon

Lorsch / 11.08.2013

0000

Tesmer, Peter

000: 1:26:03

00: 254

00: 25.75 km

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

0000:

Senioren 1 (TM 40-44)

00000/000: 256 (of 322)

00000/0: 217 (of 260)

000000: 58:22

00000: 46(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	15:24	1.95	52	7:36	252	8:40	0.50	15:24	1.95	54	5:18	259	6:18
Wechsel Schwim	0.20	3:42	3.24	47	2:09	228	2:16	0.70	19:06	2.20	54	6:56	259	8:15
Schwimmen 000	0.70	19:06	2.20	54	6:56	259	8:15	0.70	19:06	2.20	54	6:56	259	8:15
Rad	20.00	40:26	29.68	46	9:41	214	9:41	20.70	59:32	20.86	54	13:48	259	17:39
Wechsel Rad-Lau	0.05	1:55	1.57	51	1:29	243	1:52	20.75	1:01:27	20.26	54	14:54	256	18:43
Rad 000	20.05	42:21	28.41	48	10:44	223	10:44	20.75	1:01:27	20.26	54	14:54	256	18:43
Lauf	5.00	24:36	12.20	39	8:15	162	9:04	25.75	1:26:03	17.95	46	25:23	219	27:41