



10. Lorsche Triathlon

Lorsch / 11.08.2013

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Schmitt, Carsten

000: 1:27:18

00: 243

00: 25.75 km

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

00000/000: 263 (of 322)

00000/0: 223 (of 260)

000000: 58:22

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männl. AK 2 (TM 25-29)

00000: 11(of 11)

0000000: 1:00:41

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	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Schwimmen	0.50	11:43	2.56	9	3:07	166	4:59	0.50	11:43	2.56	12	0:13	259	2:37
Wechsel Schwim	0.20	3:27	3.48	10	1:45	216	2:01	0.70	15:10	2.77	12	0:22	259	4:19
Schwimmen 000	0.70	15:10	2.77	12	0:22	259	4:19	0.70	15:10	2.77	12	0:22	259	4:19
Rad	20.00	39:57	30.04	10	7:19	204	9:12	20.70	55:07	22.53	12	7:12	259	13:14
Wechsel Rad-Lau	0.05	1:33	1.94	9	1:30	212	1:30	20.75	56:40	21.97	12	7:50	256	13:56
Rad 000	20.05	41:30	28.99	11	7:53	211	9:53	20.75	56:40	21.97	12	7:50	256	13:56
Lauf	5.00	30:38	9.79	11	13:52	236	15:06	25.75	1:27:18	17.70	11	26:37	225	28:56