



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Klein, Calle

000: 1:15:00

00: 18

00: 25.75 km

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

0000:

Senioren 2 (TM 45.49)

00000/000: 139 (of 322)

00000/0: 125 (of 260)

000000: 58:22

00000: 26(of 51)

0000000: 1:01:48

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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	11:17	2.66	31	3:33	148	4:33	0.50	11:17	2.66	51	2:31	27	2:11
Wechsel Schwim	0.20	3:00	4.00	33	1:32	174	1:34	0.70	14:17	2.94	51	3:40	27	3:26
Schwimmen 000	0.70	14:17	2.94	51	3:40	27	3:26	0.70	14:17	2.94	51	3:40	27	3:26
Rad	20.00	34:29	34.80	12	3:27	58	3:44	20.70	48:46	25.47	51	0:15	27	6:53
Wechsel Rad-Lau	0.05	1:13	2.47	32	0:42	170	1:10	20.75	49:59	24.91	50	0:36	18	7:15
Rad 000	20.05	35:42	33.70	15	3:49	65	4:05	20.75	49:59	24.91	50	0:36	18	7:15
Lauf	5.00	25:01	11.99	34	5:56	175	9:29	25.75	1:15:00	20.60	27	13:12	127	16:38