



10. Lorsche Triathlon

Lorsch / 11.08.2013

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Zarza, Rafael

000: 1:12:07

00: 318

00: 25.75 km

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

00000/000: 95 (of 322)

00000/0: 89 (of 260)

000000: 58:22

0000:

00000: 18(of 51)

Senioren 2 (TM 45.49)

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	10:53	2.76	25	3:09	126	4:09	0.50	10:53	2.76	51	2:07	259	1:47
Wechsel Schwim	0.20	2:04	5.81	13	0:36	67	0:38	0.70	12:57	3.24	51	2:20	259	2:06
Schwimmen 000	0.70	12:57	3.24	51	2:20	259	2:06	0.70	12:57	3.24	51	2:20	259	2:06
Rad	20.00	36:11	33.16	24	5:09	111	5:26	20.70	49:08	25.28	51	0:37	259	7:15
Wechsel Rad-Lau	0.05	0:59	3.05	19	0:28	112	0:56	20.75	50:07	24.84	50	0:44	256	7:23
Rad 000	20.05	37:10	32.37	23	5:17	109	5:33	20.75	50:07	24.84	50	0:44	256	7:23
Lauf	5.00	22:00	13.64	15	2:55	82	6:28	25.75	1:12:07	21.42	19	10:19	91	13:45