



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Heckmann, Rainer

000: 1:15:43

00: LAZ Triathlon Mosbach

00: 295

00: 25.75 km

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

00000/000: 152 (of 322)

00000/0: 137 (of 260)

000000: 58:22

0000:

00000: 6(of 20)

Senioren 4 (TM 55-59)

0000000: 1:07:00

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	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Schwimmen	0.50	11:53	2.52	11	3:53	178	5:09	0.50	11:53	2.52	21		259	2:47
Wechsel Schwim	0.20	2:30	4.80	8	0:47	115	1:04	0.70	14:23	2.92	21		259	3:32
Schwimmen 000	0.70	14:23	2.92	21		259	3:32	0.70	14:23	2.92	21		259	3:32
Rad	20.00	38:29	31.18	8	4:28	178	7:44	20.70	52:52	23.49	21		259	10:59
Wechsel Rad-Lau	0.05	1:06	2.73	10	0:22	145	1:03	20.75	53:58	23.07	20		256	11:14
Rad 000	20.05	39:35	30.39	7	4:36	173	7:58	20.75	53:58	23.07	20		256	11:14
Lauf	5.00	21:45	13.79	5	1:57	75	6:13	25.75	1:15:43	20.41	6	8:43	139	17:21