



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Radmacher, Manuel

000: 1:16:06

00: TmzF Lampertheim

00: 299

00: 25.75 km

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

0000:

männl. AK 3 (TM 30-34)

00000/000: 161 (of 322)

00000/0: 144 (of 260)

000000: 58:22

00000: 15(of 25)

0000000: 1:03:04

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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	11:50	2.54	19	3:28	174	5:06	0.50	11:50	2.54	25		259	2:44
Wechsel Schwim	0.20	3:38	3.30	21	1:58	224	2:12	0.70	15:28	2.72	25		259	4:37
Schwimmen 000	0.70	15:28	2.72	25		259	4:37	0.70	15:28	2.72	25		259	4:37
Rad	20.00	37:53	31.68	18	5:55	166	7:08	20.70	53:21	23.28	25		259	11:28
Wechsel Rad-Lau	0.05	0:41	4.39	3	0:11	21	0:38	20.75	54:02	23.04	25		256	11:18
Rad 000	20.05	38:34	31.19	15	5:49	152	6:57	20.75	54:02	23.04	25		256	11:18
Lauf	5.00	22:04	13.60	11	4:09	85	6:32	25.75	1:16:06	20.30	16	13:02	146	17:44