



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Schwertel, Johannes

000: 1:17:49

00: TV Hechtsheim

00: 320

00: 25.75 km

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

00000/000: 182 (of 322)

00000/0: 162 (of 260)

000000: 58:22

0000:

00000: 22(of 26)

männl. AK 4 (TM 35-39)

0000000: 1:00:01

0000

0000

000

000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen	0.50	11:51	2.53	21	3:38	175	5:07	0.50	11:51	2.53	27	2:41	259	2:45
Wechsel Schwim	0.20	3:14	3.71	22	1:34	197	1:48	0.70	15:05	2.78	27	3:58	259	4:14
Schwimmen 000	0.70	15:05	2.78	27	3:58	259	4:14	0.70	15:05	2.78	27	3:58	259	4:14
Rad	20.00	40:29	29.64	24	9:24	215	9:44	20.70	55:34	22.35	27	12:16	259	13:41
Wechsel Rad-Lau	0.05	0:45	4.00	3	0:05	37	0:42	20.75	56:19	22.11	27	12:10	256	13:35
Rad 000	20.05	41:14	29.18	24	9:24	204	9:37	20.75	56:19	22.11	27	12:10	256	13:35
Lauf	5.00	21:30	13.95	10	3:46	68	5:58	25.75	1:17:49	19.85	22	17:48	164	19:27