



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Kondziella, Andreas

000: 1:15:48

00: Goldbecks

00: 315

00: 25.75 km

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

0000:

Senioren 1 (TM 40-44)

00000/000: 153 (of 322)

00000/0: 138 (of 260)

000000: 58:22

00000: 34(of 53)

0000000: 1:00:40

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0000

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen	0.50	9:53	3.04	16	2:05	71	3:09	0.50	9:53	3.04	19		3	0:47
Wechsel Schwim	0.20	2:41	4.47	32	1:08	141	1:15	0.70	12:34	3.34	19	0:24	259	1:43
Schwimmen 000	0.70	12:34	3.34	19	0:24	259	1:43	0.70	12:34	3.34	19	0:24	259	1:43
Rad	20.00	36:53	32.54	31	6:08	131	6:08	20.70	49:27	25.12	19	3:43	18	7:34
Wechsel Rad-Lau	0.05	1:25	2.12	45	0:59	201	1:22	20.75	50:52	24.48	19	4:19	256	8:08
Rad 000	20.05	38:18	31.41	34	6:41	142	6:41	20.75	50:52	24.48	19	4:19	256	8:08
Lauf	5.00	24:56	12.03	40	8:35	171	9:24	25.75	1:15:48	20.38	34	15:08	140	17:26