



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Kolb, Willi

000: 1:20:13

00: 291

00: 25.75 km

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

0000:

Senioren 5 (TM 60-64)

00000/000: 211 (of 322)

00000/0: 184 (of 260)

000000: 58:22

00000: 5(of 10)

0000000: 1:10:54

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen	0.50	11:39	2.58	5	1:52	163	4:55	0.50	11:39	2.58	11			259	2:33
Wechsel Schwim	0.20	2:16	5.29	3	0:19	90	0:50	0.70	13:55	3.02	11			259	3:04
Schwimmen 000	0.70	13:55	3.02	11		259	3:04	0.70	13:55	3.02	11			259	3:04
Rad	20.00	39:40	30.25	7	4:18	200	8:55	20.70	53:35	23.18	11	1:57		259	11:42
Wechsel Rad-Lau	0.05	0:55	3.27	5	0:17	97	0:52	20.75	54:30	22.84	11	1:21		256	11:46
Rad 000	20.05	40:35	29.64	7	4:35	193	8:58	20.75	54:30	22.84	11	1:21		256	11:46
Lauf	5.00	25:43	11.67	6	2:33	188	10:11	25.75	1:20:13	19.26	5	9:19		186	21:51