



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Prieto, Jose

000: 1:21:18

00: 324

00: 25.75 km

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

0000:

männl. AK 4 (TM 35-39)

00000/000: 218 (of 322)

00000/0: 189 (of 260)

000000: 58:22

00000: 24(of 26)

0000000: 1:00:01

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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	10:59	0.00	18	2:46	136	4:15	0.50	10:59	0.00	27	1:49	259	1:53
Wechsel Schwim	0.20	5:05	0.00	26	3:25	253	3:39	0.70	16:04	0.00	27	4:57	259	5:13
Schwimmen 000	0.70	16:04	0.00	27	4:57	259	5:13	0.70	16:04	0.00	27	4:57	259	5:13
Rad	20.00	40:35	29.57	25	9:30	216	9:50	20.70	56:39	21.18	27	13:21	259	14:46
Wechsel Rad-Lau	0.05	1:11	0.00	20	0:31	161	1:08	20.75	57:50	20.75	27	13:41	256	15:06
Rad 000	20.05	41:46	28.73	25	9:56	214	10:09	20.75	57:50	20.75	27	13:41	256	15:06
Lauf	5.00	23:28	12.78	19	5:44	130	7:56	25.75	1:21:18	18.45	24	21:17	191	22:56