



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Zipser, Axel

000: 1:23:26

00: 294

00: 25.75 km

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

00000/000: 236 (of 322)

00000/0: 202 (of 260)

000000: 58:22

0000:

00000: 41(of 51)

Senioren 2 (TM 45.49)

0000000: 1:01:48

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	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	12:31	2.40	39	4:47	198	5:47	0.50	12:31	2.40	51	3:45	259	3:25
Wechsel Schwim	0.20	3:28	3.46	43	2:00	217	2:02	0.70	15:59	2.63	51	5:22	259	5:08
Schwimmen 000	0.70	15:59	2.63	51	5:22	259	5:08	0.70	15:59	2.63	51	5:22	259	5:08
Rad	20.00	41:31	28.90	45	10:29	226	10:46	20.70	57:30	21.60	51	8:59	259	15:37
Wechsel Rad-Lau	0.05	0:38	4.74	3	0:07	13	0:35	20.75	58:08	21.42	50	8:45	256	15:24
Rad 000	20.05	42:09	28.54	44	10:16	222	10:32	20.75	58:08	21.42	50	8:45	256	15:24
Lauf	5.00	25:18	11.86	37	6:13	183	9:46	25.75	1:23:26	18.52	42	21:38	204	25:04