



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Marschner, Sascha

000: 1:04:21

00: BREAK LAW OF PHYSICS

00: 15

00: 25.75 km

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

0000:

männl. AK 3 (TM 30-34)

00000/000: 20 (of 322)

00000/0: 18 (of 260)

000000: 58:22

00000: 3(of 25)

0000000: 1:03:04

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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	9:53	3.04	6	1:31	71	3:09	0.50	9:53	3.04	25			3	0:47
Wechsel Schwim	0.20	1:40	7.20	1	-	15	0:14	0.70	11:33	3.64	25			3	0:42
Schwimmen 000	0.70	11:33	3.64	25		3	0:42	0.70	11:33	3.64	25			3	0:42
Rad	20.00	32:48	36.59	4	0:50	24	2:03	20.70	44:21	28.00	25			3	2:28
Wechsel Rad-Lau	0.05	0:41	4.39	3	0:11	21	0:38	20.75	45:02	27.65	25			3	2:18
Rad 000	20.05	33:29	35.93	4	0:44	22	1:52	20.75	45:02	27.65	25			3	2:18
Lauf	5.00	19:19	15.53	2	1:24	13	3:47	25.75	1:04:21	24.01	3	1:17	19	5:59	