



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Henne, Sebastian

000: 1:08:14

00: 393

00: 25.75 km

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

0000:

männl. AK 3 (TM 30-34)

00000/000: 51 (of 322)

00000/0: 48 (of 260)

000000: 58:22

00000: 6(of 25)

0000000: 1:03:04

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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	10:09	2.96	10	1:47	91	3:25	0.50	10:09	2.96	25		259	1:03
Wechsel Schwim	0.20	1:49	6.61	3	0:09	31	0:23	0.70	11:58	3.51	25		259	1:07
Schwimmen 000	0.70	11:58	3.51	25		259	1:07	0.70	11:58	3.51	25		259	1:07
Rad	20.00	34:37	34.67	7	2:39	62	3:52	20.70	46:35	26.66	25		259	4:42
Wechsel Rad-Lau	0.05	0:58	3.10	12	0:28	109	0:55	20.75	47:33	26.18	25		256	4:49
Rad 000	20.05	35:35	33.81	7	2:50	60	3:58	20.75	47:33	26.18	25		256	4:49
Lauf	5.00	20:41	14.50	6	2:46	45	5:09	25.75	1:08:14	22.64	6	5:10	49	9:52