



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Bell, Wolfgang

000: 1:33:06

00: TSV Mannheim-Schönau

00: 330

00: 25.75 km

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

00000/000: 298 (of 322)

00000/0: 244 (of 260)

000000: 58:22

0000:

00000: 52(of 53)

Senioren 1 (TM 40-44)

0000000: 1:00:40

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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	13:28	2.23	49	5:40	227	6:44	0.50	13:28	2.23	26	3:22	259	4:22
Wechsel Schwim	0.20	3:47	3.17	50	2:14	232	2:21	0.70	17:15	2.43	26	5:05	259	6:24
Schwimmen 000	0.70	17:15	2.43	26	5:05	259	6:24	0.70	17:15	2.43	26	5:05	259	6:24
Rad	20.00	40:12	29.85	44	9:27	210	9:27	20.70	57:27	21.62	26	11:43	259	15:34
Wechsel Rad-Lau	0.05	1:52	1.61	50	1:26	238	1:49	20.75	59:19	20.99	26	12:46	256	16:35
Rad 000	20.05	42:04	28.60	47	10:27	219	10:27	20.75	59:19	20.99	26	12:46	256	16:35
Lauf	5.00	33:47	8.88	52	17:26	250	18:15	25.75	1:33:06	16.60	52	32:26	246	34:44