



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Apitz, Christian

000: 1:18:25

00: 395

00: 25.75 km

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

00000/000: 191 (of 322)

00000/0: 166 (of 260)

000000: 58:22

0000:

00000: 8(of 11)

männl. AK 2 (TM 25-29)

0000000: 1:00:41

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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	9:49	3.06	4	1:13	67	3:05	0.50	9:49	3.06	12		259	0:43
Wechsel Schwim	0.20	2:18	5.22	3	0:36	93	0:52	0.70	12:07	3.47	12		259	1:16
Schwimmen 000	0.70	12:07	3.47	12		259	1:16	0.70	12:07	3.47	12		259	1:16
Rad	20.00	41:25	28.97	11	8:47	225	10:40	20.70	53:32	23.20	12	5:37	36	11:39
Wechsel Rad-Lau	0.05	0:03	60.00	1	-	1	-	20.75	53:35	23.23	12	4:45	256	10:51
Rad 000	20.05	41:28	29.01	10	7:51	210	9:51	20.75	53:35	23.23	12	4:45	256	10:51
Lauf	5.00	24:50	12.08	8	8:04	168	9:18	25.75	1:18:25	19.70	8	17:44	168	20:03