



10. Lorscher Triathlon

Lorsch / 11.08.2013

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Dietrich, Alexander

000: 1:22:31

00: DLRG Lorsch e.V.

00: 7

00: 25.75 km

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

00000/000: 231 (of 322)

00000/0: 198 (of 260)

000000: 58:22

0000:

00000: 39(of 51)

Senioren 2 (TM 45.49)

0000000: 1:01:48

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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	9:35	3.13	13	1:51	48	2:51	0.50	9:35	3.13	51	0:49	29	0:29
Wechsel Schwim	0.20	3:15	3.69	38	1:47	198	1:49	0.70	12:50	3.27	51	2:13	34	1:59
Schwimmen 000	0.70	12:50	3.27	51	2:13	34	1:59	0.70	12:50	3.27	51	2:13	34	1:59
Rad	20.00	39:41	30.24	42	8:39	201	8:56	20.70	52:31	23.65	51	4:00	34	10:38
Wechsel Rad-Lau	0.05	1:44	1.73	44	1:13	227	1:41	20.75	54:15	22.95	50	4:52	34	11:31
Rad 000	20.05	41:25	29.05	42	9:32	208	9:48	20.75	54:15	22.95	50	4:52	34	11:31
Lauf	5.00	28:16	10.61	42	9:11	215	12:44	25.75	1:22:31	18.72	40	20:43	200	24:09