



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Horst, Ralf

000: 1:24:35

00: 399

00: 25.75 km

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

0000:

Senioren 4 (TM 55-59)

00000/000: 246 (of 322)

00000/0: 211 (of 260)

000000: 58:22

00000: 15(of 20)

0000000: 1:07:00

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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	12:54	2.33	14	4:54	212	6:10	0.50	12:54	2.33	21	0:24		259	3:48
Wechsel Schwim	0.20	2:32	4.74	9	0:49	119	1:06	0.70	15:26	2.72	21			259	4:35
Schwimmen 000	0.70	15:26	2.72	21		259	4:35	0.70	15:26	2.72	21			259	4:35
Rad	20.00	38:26	31.22	7	4:25	176	7:41	20.70	53:52	23.06	21			259	11:59
Wechsel Rad-Lau	0.05	1:33	1.94	14	0:49	212	1:30	20.75	55:25	22.47	20			256	12:41
Rad 000	20.05	39:59	30.09	10	5:00	180	8:22	20.75	55:25	22.47	20			256	12:41
Lauf	5.00	29:10	10.29	16	9:22	225	13:38	25.75	1:24:35	18.27	15	17:35		213	26:13