



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Bings, Sebastian

000: 1:31:14

00: 397

00: 25.75 km

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

0000:

männl. AK 3 (TM 30-34)

00000/000: 290 (of 322)

00000/0: 240 (of 260)

000000: 58:22

00000: 23(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	12:56	2.32	22	4:34	213	6:12	0.50	12:56	2.32	25		259	3:50
Wechsel Schwim	0.20	3:39	3.29	22	1:59	225	2:13	0.70	16:35	2.53	25		259	5:44
Schwimmen 000	0.70	16:35	2.53	25		259	5:44	0.70	16:35	2.53	25		259	5:44
Rad	20.00	40:57	29.30	22	8:59	220	10:12	20.70	57:32	21.59	25	0:38	259	15:39
Wechsel Rad-Lau	0.05	1:10	2.57	17	0:40	157	1:07	20.75	58:42	21.21	25	0:08	256	15:58
Rad 000	20.05	42:07	28.56	22	9:22	221	10:30	20.75	58:42	21.21	25	0:08	256	15:58
Lauf	5.00	32:32	9.22	24	14:37	245	17:00	25.75	1:31:14	16.93	24	28:10	242	32:52