



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Babutzka, Dieter

000: 1:26:16

00: 10

00: 25.75 km

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

0000:

Senioren 3 (TM 50-54)

00000/000: 259 (of 322)

00000/0: 219 (of 260)

000000: 58:22

00000: 28(of 32)

0000000: 1:04:52

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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	12:53	2.33	27	4:18	210	6:09	0.50	12:53	2.33	33	0:46	37	3:47
Wechsel Schwim	0.20	3:12	3.75	25	1:38	193	1:46	0.70	16:05	2.61	33	1:03	37	5:14
Schwimmen 000	0.70	16:05	2.61	33	1:03	37	5:14	0.70	16:05	2.61	33	1:03	37	5:14
Rad	20.00	40:06	29.93	28	6:45	208	9:21	20.70	56:11	22.11	33	4:21	37	14:18
Wechsel Rad-Lau	0.05	0:42	4.29	2	0:02	27	0:39	20.75	56:53	21.89	33	4:03	37	14:09
Rad 000	20.05	40:48	29.49	24	6:38	196	9:11	20.75	56:53	21.89	33	4:03	37	14:09
Lauf	5.00	29:23	10.21	28	9:56	229	13:51	25.75	1:26:16	17.91	28	21:24	221	27:54