



10. Lorsche Triathlon

Lorsch / 11.08.2013

0000

Kuß, Andreas

000: 1:27:37

00: 47

00: 25.75 km

Lorsche Triathlon 0,5-20,0-5,0

00000/000: 267 (of 322)

00000/0: 226 (of 260)

000000: 58:22

0000:

00000: 44(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	14:01	2.14	46	6:17	238	7:17	0.50	14:01	2.14	51	5:15	38	4:55
Wechsel Schwim	0.20	5:06	2.35	50	3:38	254	3:40	0.70	19:07	2.20	51	8:30	38	8:16
Schwimmen 000	0.70	19:07	2.20	51	8:30	38	8:16	0.70	19:07	2.20	51	8:30	38	8:16
Rad	20.00	39:09	30.65	41	8:07	192	8:24	20.70	58:16	21.32	51	9:45	38	16:23
Wechsel Rad-Lau	0.05	2:12	1.36	49	1:41	252	2:09	20.75	1:00:28	20.59	50	11:05	38	17:44
Rad 000	20.05	41:21	29.09	41	9:28	207	9:44	20.75	1:00:28	20.59	50	11:05	38	17:44
Lauf	5.00	27:09	11.05	41	8:04	202	11:37	25.75	1:27:37	17.63	45	25:49	228	29:15