



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Wahlig, Thomas

000: 1:33:31

00: 25

00: 25.75 km

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

0000:

Senioren 2 (TM 45.49)

00000/000: 300 (of 322)

00000/0: 246 (of 260)

000000: 58:22

00000: 47(of 51)

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	14:04	2.13	47	6:20	240	7:20	0.50	14:04	2.13	51	5:18	41	4:58
Wechsel Schwim	0.20	2:58	4.04	32	1:30	169	1:32	0.70	17:02	2.47	51	6:25	41	6:11
Schwimmen 000	0.70	17:02	2.47	51	6:25	41	6:11	0.70	17:02	2.47	51	6:25	41	6:11
Rad	20.00	40:49	29.40	43	9:47	218	10:04	20.70	57:51	21.47	51	9:20	41	15:58
Wechsel Rad-Lau	0.05	1:14	2.43	34	0:43	173	1:11	20.75	59:05	21.07	50	9:42	41	16:21
Rad 000	20.05	42:03	28.61	43	10:10	217	10:26	20.75	59:05	21.07	50	9:42	41	16:21
Lauf	5.00	34:26	8.71	49	15:21	253	18:54	25.75	1:33:31	16.52	48	31:43	248	35:09