



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Lötz, Jarit

000: 1:05:59

00: TV Goch

00: 115

00: 25.75 km

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

00000/000: 31 (of 322)

00000/0: 29 (of 260)

000000: 58:22

0000:

00000: 8(of 16)

männl. AK 1 (TM 20-24)

0000000: 58:22

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen	0.50	9:15	3.24	8	2:31	39	2:31	0.50	9:15	3.24	17		259	0:09
Wechsel Schwim	0.20	1:46	6.79	7	0:20	27	0:20	0.70	11:01	3.81	17		259	0:10
Schwimmen 000	0.70	11:01	3.81	17		259	0:10	0.70	11:01	3.81	17		259	0:10
Rad	20.00	33:00	36.36	5	1:38	27	2:15	20.70	44:01	28.22	17		259	2:08
Wechsel Rad-Lau	0.05	0:46	3.91	6	0:12	43	0:43	20.75	44:47	27.80	16		256	2:03
Rad 000	20.05	33:46	35.63	5	1:50	27	2:09	20.75	44:47	27.80	16		256	2:03
Lauf	5.00	21:12	14.15	8	5:40	59	5:40	25.75	1:05:59	23.42	8	7:37	30	7:37