



10. Lorsche Triathlon

Lorsch / 11.08.2013

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Held, Reinhard

000: 1:07:00

00: Lorsche Buwe

00: 126

00: 25.75 km

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

00000/000: 38 (of 322)

00000/0: 36 (of 260)

000000: 58:22

0000:

00000: 1(of 20)

Senioren 4 (TM 55-59)

0000000: 1:07:00

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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	10:09	2.96	2	2:09	91	3:25	0.50	10:09	2.96	21		259	1:03
Wechsel Schwim	0.20	1:53	6.37	2	0:10	42	0:27	0.70	12:02	3.49	21		259	1:11
Schwimmen 000	0.70	12:02	3.49	21		259	1:11	0.70	12:02	3.49	21		259	1:11
Rad	20.00	34:18	34.99	3	0:17	52	3:33	20.70	46:20	26.81	21		259	4:27
Wechsel Rad-Lau	0.05	0:48	3.75	2	0:04	50	0:45	20.75	47:08	26.41	20		256	4:24
Rad 000	20.05	35:06	34.27	2	0:07	46	3:29	20.75	47:08	26.41	20		256	4:24
Lauf	5.00	19:52	15.10	2	0:04	25	4:20	25.75	1:07:00	23.06	1	-	37	8:38