



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Rauch, Thomas

000: 1:07:23

00: 101

00: 25.75 km

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

0000:

Senioren 1 (TM 40-44)

00000/000: 41 (of 322)

00000/0: 39 (of 260)

000000: 58:22

00000: 8(of 53)

0000000: 1:00:40

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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	9:39	3.11	13	1:51	54	2:55	0.50	9:39	3.11	54		14	0:33
Wechsel Schwim	0.20	1:53	6.37	11	0:20	42	0:27	0.70	11:32	3.64	54		259	0:41
Schwimmen 000	0.70	11:32	3.64	54		259	0:41	0.70	11:32	3.64	54		259	0:41
Rad	20.00	33:52	35.43	12	3:07	39	3:07	20.70	45:24	27.36	54		259	3:31
Wechsel Rad-Lau	0.05	0:26	6.92	1	-	2	0:23	20.75	45:50	27.16	54		256	3:06
Rad 000	20.05	34:18	35.07	10	2:41	35	2:41	20.75	45:50	27.16	54		256	3:06
Lauf	5.00	21:33	13.92	18	5:12	69	6:01	25.75	1:07:23	22.93	8	6:43	40	9:01