



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Brand, Peter

000: 1:10:46

00: 139

00: 25.75 km

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

0000:

Senioren 1 (TM 40-44)

00000/000: 77 (of 322)

00000/0: 72 (of 260)

000000: 58:22

00000: 19(of 53)

0000000: 1:00:40

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen	0.50	8:03	3.73	2	0:15	7	1:19	0.50	8:03	3.73	54			259	
Wechsel Schwim	0.20	3:00	4.00	37	1:27	174	1:34	0.70	11:03	3.80	54			259	0:12
Schwimmen 000	0.70	11:03	3.80	54		259	0:12	0.70	11:03	3.80	54			259	0:12
Rad	20.00	35:16	34.03	22	4:31	84	4:31	20.70	46:19	26.82	54	0:35		259	4:26
Wechsel Rad-Lau	0.05	2:16	1.32	53	1:50	253	2:13	20.75	48:35	25.63	54	2:02		256	5:51
Rad 000	20.05	37:32	32.05	29	5:55	117	5:55	20.75	48:35	25.63	54	2:02		256	5:51
Lauf	5.00	22:11	13.52	25	5:50	91	6:39	25.75	1:10:46	21.83	19	10:06		74	12:24