



10. Lorsche Triathlon

Lorsch / 11.08.2013

0000

Herschel, Ivo

000: 1:13:15

00: 128

00: 25.75 km

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

00000/000: 111 (of 322)

00000/0: 104 (of 260)

000000: 58:22

0000:

00000: 21(of 51)

Senioren 2 (TM 45.49)

0000000: 1:01:48

0000

0000

000

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	11:19	2.65	32	3:35	150	4:35	0.50	11:19	2.65	51	2:33	23	2:13
Wechsel Schwim	0.20	2:02	5.90	12	0:34	62	0:36	0.70	13:21	3.15	51	2:44	259	2:30
Schwimmen 000	0.70	13:21	3.15	51	2:44	259	2:30	0.70	13:21	3.15	51	2:44	259	2:30
Rad	20.00	36:31	32.86	26	5:29	120	5:46	20.70	49:52	24.91	51	1:21	259	7:59
Wechsel Rad-Lau	0.05	0:59	3.05	19	0:28	112	0:56	20.75	50:51	24.48	50	1:28	256	8:07
Rad 000	20.05	37:30	32.08	25	5:37	115	5:53	20.75	50:51	24.48	50	1:28	256	8:07
Lauf	5.00	22:24	13.39	18	3:19	97	6:52	25.75	1:13:15	21.09	22	11:27	106	14:53