



# 11. Triathlon Lorsch

Lorsch / 10.08.2014

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Iwanowitsch, Markus

□□□: 1:06:20

□□: Birkenau- Reisen

□□: 21

□□: 25.50 km

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

□□□□□/□□□: 14 (of 313)

□□□□□/□: 14 (of 231)

□□□□□□: 58:01

□□□□:

männliche AK 4 (TM 35)

□□□□□: 4(of 28)

□□□□□□□: 1:03:20

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	9:38	0.00	9	1:28	47	2:35	0.50	9:38	0.00	29	0:06	1	-
Wechsel S->R	-	2:14	-	13	0:42	66	1:06	0.50	11:52	0.00	29	0:17	1	-
Schwimmen □□□	0.50	11:52	0.00	29	0:17	1	-	0.50	11:52	0.00	29	0:17	1	-
ZZ Rad	5.75	7:22	40.72	6	0:32	26	0:56	6.25	19:14	18.72	29		1	-
ZZ Rad	4.25	10:05	23.80	5	0:36	25	0:50	10.50	29:19	20.47	27		1	-
ZZ Rad	4.25	10:01	23.96	5	0:31	21	0:42	14.75	39:20	21.36	27		1	-
Rad Ziel	5.75	7:48	38.46	5	0:23	18	3:11	20.50	47:08	25.46	29		1	-
Rad □	20.00	35:16	34.03	7	17:07	26	17:07	20.50	47:08	25.46	29		1	-
Wechsel R->L	-	0:56	-	13	0:13	76	0:27	20.50	48:04	24.97	28		1	-
Rad □□□	20.00	36:12	33.15	6	16:00	25	16:00	20.50	48:04	24.97	28		1	-
ZZ Lauf	2.50	8:51	13.56	1	-	4	0:52	23.00	56:55	24.25	27		1	-
Lauf Ziel	2.50	9:25	12.74	1	-	4	0:52	25.50	1:06:20	22.61	4	3:00	14	8:19
Lauf □□□	5.00	18:16	16.42	1	-	4	1:37	25.50	1:06:20	22.61	4	3:00	14	8:19