



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Keinert, Sebastian

000: 1:00:52

00: 184

00: 25.50 km

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

0000:

männliche AK 3 (TM 30)

00000/000: 2 (of 313)

00000/0: 2 (of 231)

000000: 58:01

00000: 1(of 20)

0000000: 1:00:52

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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 nett	0.50	8:15	3.64	1	-	10	1:12	0.50	8:15	3.64	21			232	
Wechsel S->R	-	1:38	-	2	0:03	11	0:30	0.50	9:53	3.04	21			232	
Schwimmen 000	0.50	9:53	3.04	21		232		0.50	9:53	3.04	21			232	
ZZ Rad	5.75	7:10	48.14	3	0:44	14	0:44	6.25	17:03	21.99	21			232	
ZZ Rad	4.25	9:34	26.66	2	0:10	5	0:19	10.50	26:37	23.67	21			227	
ZZ Rad	4.25	9:24	27.13	1	-	3	0:05	14.75	36:01	24.57	21			227	
Rad Ziel	5.75	7:31	45.90	2	0:04	9	2:54	20.50	43:32	28.25	21			232	
Rad 0	20.00	33:39	35.66	2	0:32	11	15:30	20.50	43:32	28.25	21			232	
Wechsel R->L	-	0:36	-	2	0:01	8	0:07	20.50	44:08	27.87	21			229	
Rad 000	20.00	34:15	35.04	2	0:31	8	14:03	20.50	44:08	27.87	21			229	
ZZ Lauf	2.50	8:11	18.33	1	-	2	0:12	23.00	52:19	26.38	21			228	
Lauf Ziel	2.50	8:33	17.54	1	-	1	-	25.50	1:00:52	25.14	1	-	2	2:51	
Lauf 000	5.00	16:44	17.93	1	-	2	0:05	25.50	1:00:52	25.14	1	-	2	2:51	