



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Fabian, Ralf

000: 1:05:49

00: SSG Bensheim

00: 164

00: 25.50 km

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

00000/000: 10 (of 313)

00000/0: 10 (of 231)

000000: 58:01

0000:

00000: 2(of 33)

Senioren 3 (TM 50)

0000000: 1:04:59

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	7:57	3.77	1	-	7	0:54	0.50	7:57	3.77	34		232	
Wechsel S->R	-	1:28	-	1	-	3	0:20	0.50	9:25	3.19	34		232	
Schwimmen 000	0.50	9:25	3.19	34		232		0.50	9:25	3.19	34		232	
ZZ Rad	5.75	7:12	47.92	3	0:12	17	0:46	6.25	16:37	22.57	34		232	
ZZ Rad	4.25	10:00	25.50	3	0:28	19	0:45	10.50	26:37	23.67	33		227	
ZZ Rad	4.25	9:38	26.47	2	0:16	12	0:19	14.75	36:15	24.41	33		227	
Rad Ziel	5.75	7:58	43.31	3	0:34	29	3:21	20.50	44:13	27.82	34		232	
Rad 0	20.00	34:48	34.48	4	16:07	20	16:39	20.50	44:13	27.82	34		232	
Wechsel R->L	-	1:05	-	9	0:31	107	0:36	20.50	45:18	27.15	33		229	
Rad 000	20.00	35:53	33.44	3	1:46	20	15:41	20.50	45:18	27.15	33		229	
ZZ Lauf	2.50	9:54	15.15	1	-	22	1:55	23.00	55:12	25.00	33		228	
Lauf Ziel	2.50	10:37	14.13	2	0:22	32	2:04	25.50	1:05:49	23.25	2	0:50	10	7:48
Lauf 000	5.00	20:31	14.62	2	0:06	27	3:52	25.50	1:05:49	23.25	2	0:50	10	7:48