



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Crnjak, Markus

000: 1:08:31

00: 167

00: 25.50 km

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

00000/000: 25 (of 313)

00000/0: 23 (of 231)

000000: 58:01

0000:

00000: 4(of 38)

Senioren 1 (TM 40)

0000000: 1:05:31

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	9:58	3.01	14	2:40	56	2:55	0.50	9:58	3.01	39	0:57	232	0:20
Wechsel S->R	-	1:54	-	3	0:11	29	0:46	0.50	11:52	2.53	39	1:01	1	-
Schwimmen 000	0.50	11:52	2.53	39	1:01	1	-	0.50	11:52	2.53	39	1:01	1	-
ZZ Rad	5.75	7:32	45.80	7	0:48	40	1:06	6.25	19:24	19.33	39	1:08	232	0:10
ZZ Rad	4.25	10:21	24.64	8	0:46	40	1:06	10.50	29:45	21.18	39	1:40	227	0:26
ZZ Rad	4.25	10:25	24.48	8	0:55	45	1:06	14.75	40:10	22.03	39	2:17	227	0:50
Rad Ziel	5.75	8:15	41.82	9	0:56	55	3:38	20.50	48:25	25.40	39	2:36	232	1:17
Rad 0	20.00	36:33	32.83	8	3:13	45	18:24	20.50	48:25	25.40	39	2:36	232	1:17
Wechsel R->L	-	0:49	-	11	0:20	48	0:20	20.50	49:14	24.98	39	2:39	229	1:10
Rad 000	20.00	37:22	32.11	8	3:19	41	17:10	20.50	49:14	24.98	39	2:39	229	1:10
ZZ Lauf	2.50	9:34	15.68	1	-	15	1:35	23.00	58:48	23.47	39	2:38	228	1:53
Lauf Ziel	2.50	9:43	15.44	1	-	12	1:10	25.50	1:08:31	22.33	4	3:00	23	10:30
Lauf 000	5.00	19:17	15.56	1	-	13	2:38	25.50	1:08:31	22.33	4	3:00	23	10:30