



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Langer, Lucas

000: 1:08:45

00: 186

00: 25.50 km

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

00000/000: 26 (of 313)

00000/0: 24 (of 231)

000000: 58:01

0000:

männliche AK 1 (TM 20)

00000: 5(of 11)

0000000: 58:01

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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	7:53	3.81	3	0:50	6	0:50	0.50	7:53	3.81	12		232	
Wechsel S->R	-	2:06	-	7	0:58	50	0:58	0.50	9:59	3.01	12		232	
Schwimmen 000	0.50	9:59	3.01	12		232		0.50	9:59	3.01	12		232	
ZZ Rad	5.75	7:38	45.20	5	0:50	49	1:12	6.25	17:37	21.29	12		232	
ZZ Rad	4.25	10:21	24.64	4	1:06	40	1:06	10.50	27:58	22.53	11		227	
ZZ Rad	4.25	10:18	24.76	4	0:59	36	0:59	14.75	38:16	23.13	11		227	
Rad Ziel	5.75	7:56	43.49	5	0:39	26	3:19	20.50	46:12	26.62	12		232	
Rad 0	20.00	36:13	33.13	5	13:24	40	18:04	20.50	46:12	26.62	12		232	
Wechsel R->L	-	1:00	-	8	0:28	92	0:31	20.50	47:12	26.06	12		229	
Rad 000	20.00	37:13	32.24	6	12:42	40	17:01	20.50	47:12	26.06	12		229	
ZZ Lauf	2.50	10:45	13.95	6	2:46	61	2:46	23.00	57:57	23.81	12		228	1:02
Lauf Ziel	2.50	10:48	13.89	6	2:08	42	2:15	25.50	1:08:45	22.25	5	10:44	24	10:44
Lauf 000	5.00	21:33	13.92	6	4:54	47	4:54	25.50	1:08:45	22.25	5	10:44	24	10:44