



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Bienek, Oliver

000: 1:10:07

00: 178

00: 25.50 km

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

00000/000: 35 (of 313)

00000/0: 33 (of 231)

000000: 58:01

0000:

männliche AK 2 (TM 25)

00000: 3(of 15)

0000000: 1:06:58

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Schwimmen nett	0.50	10:28	2.87	7	1:41	88	3:25	0.50	10:28	2.87	1	-	30	0:50
Wechsel S->R	-	1:54	-	2	0:25	29	0:46	0.50	12:22	2.43	16		13	0:30
Schwimmen 000	0.50	12:22	2.43	16		13	0:30	0.50	12:22	2.43	16		13	0:30
ZZ Rad	5.75	7:08	48.36	2	0:05	12	0:42	6.25	19:30	19.23	16		232	0:16
ZZ Rad	4.25	10:09	25.12	3	0:23	29	0:54	10.50	29:39	21.25	16		227	0:20
ZZ Rad	4.25	10:21	24.64	2	0:50	39	1:02	14.75	40:00	22.13	16		227	0:40
Rad Ziel	5.75	8:15	41.82	2	0:40	55	3:38	20.50	48:15	25.49	16		232	1:07
Rad 0	20.00	35:53	33.44	2	1:37	37	17:44	20.50	48:15	25.49	16		232	1:07
Wechsel R->L	-	0:45	-	3	0:09	32	0:16	20.50	49:00	25.10	16		229	0:56
Rad 000	20.00	36:38	32.76	2	1:24	31	16:26	20.50	49:00	25.10	16		229	0:56
ZZ Lauf	2.50	10:08	14.80	4	1:03	33	2:09	23.00	59:08	23.34	16		228	2:13
Lauf Ziel	2.50	10:59	13.66	4	1:42	50	2:26	25.50	1:10:07	21.82	3	3:09	33	12:06
Lauf 000	5.00	21:07	14.21	4	2:45	41	4:28	25.50	1:10:07	21.82	3	3:09	33	12:06