



11. Triathlon Lorsch

Lorsch / 10.08.2014

Werner, Uli

Werner, Uli

DZ Bank Werners

156

25.50 km

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

Senioren 2 (TM 45)

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1:12:26

53 (of 313)

50 (of 231)

58:01

7(of 39)

1:07:30

Werner, Uli

Werner, Uli

Werner, Uli

km	km/h	-	-	km	km/h	-	-	km	km/h	-	-	km	km/h	-	-
Schwimmen nett	0.50	10:06	2.97	8	1:27	65	3:03	0.50	10:06	2.97	40	232	0:28		
Wechsel S->R	-	1:52	-	3	0:16	26	0:44	0.50	11:58	2.51	40	232	0:06		
Schwimmen	0.50	11:58	2.51	40		232	0:06	0.50	11:58	2.51	40	232	0:06		
ZZ Rad	5.75	8:02	42.95	16	0:45	99	1:36	6.25	20:00	18.75	40	232	0:46		
ZZ Rad	4.25	11:15	22.67	23	1:21	113	2:00	10.50	31:15	20.16	39	227	1:56		
ZZ Rad	4.25	11:30	22.17	27	1:36	137	2:11	14.75	42:45	20.70	39	227	3:25		
Rad Ziel	5.75	9:03	38.12	24	1:18	133	4:26	20.50	51:48	23.75	40	232	4:40		
Rad	20.00	39:50	30.13	22	4:58	129	21:41	20.50	51:48	23.75	40	232	4:40		
Wechsel R->L	-	0:55	-	9	0:24	74	0:26	20.50	52:43	23.33	39	229	4:39		
Rad	20.00	40:45	29.45	20	5:06	118	20:33	20.50	52:43	23.33	39	229	4:39		
ZZ Lauf	2.50	9:36	15.63	4	0:19	18	1:37	23.00	1:02:19	22.14	39	228	5:24		
Lauf Ziel	2.50	10:07	14.83	5	0:37	21	1:34	25.50	1:12:26	21.12	7	4:56	50	14:25	
Lauf	5.00	19:43	15.22	4	0:56	17	3:04	25.50	1:12:26	21.12	7	4:56	50	14:25	