



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Trappel, Helge

00: SV Seitzenhahn

00: 183

00: 25.50 km

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

0000:

Senioren 2 (TM 45)

000: 1:13:54

00000/000: 66 (of 313)

00000/0: 62 (of 231)

000000: 58:01

00000: 10(of 39)

0000000: 1:07:30

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:52	2.76	16	2:13	103	3:49	0.50	10:52	2.76	40			232	1:14
Wechsel S->R	-	2:38	-	21	1:02	117	1:30	0.50	13:30	2.22	40			232	1:38
Schwimmen 000	0.50	13:30	2.22	40		232	1:38	0.50	13:30	2.22	40			232	1:38
ZZ Rad	5.75	7:42	44.81	9	0:25	56	1:16	6.25	21:12	17.69	40			232	1:58
ZZ Rad	4.25	10:34	24.13	11	0:40	55	1:19	10.50	31:46	19.83	39			227	2:27
ZZ Rad	4.25	10:32	24.21	12	0:38	56	1:13	14.75	42:18	20.92	39			227	2:58
Rad Ziel	5.75	8:19	41.48	9	0:34	59	3:42	20.50	50:37	24.30	40			232	3:29
Rad 0	20.00	37:07	32.33	9	2:15	57	18:58	20.50	50:37	24.30	40			232	3:29
Wechsel R->L	-	1:00	-	13	0:29	92	0:31	20.50	51:37	23.83	39			229	3:33
Rad 000	20.00	38:07	31.48	9	2:28	56	17:55	20.50	51:37	23.83	39			229	3:33
ZZ Lauf	2.50	11:14	13.35	18	1:57	80	3:15	23.00	1:02:51	21.96	39			228	5:56
Lauf Ziel	2.50	11:03	13.57	12	1:33	55	2:30	25.50	1:13:54	20.70	10	6:24	62	15:53	
Lauf 000	5.00	22:17	13.46	17	3:30	71	5:38	25.50	1:13:54	20.70	10	6:24	62	15:53	