



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Grunz, Klaus

000: 1:36:25

00: SG Commerzbank

00: 135

00: 25.50 km

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

00000/000: 275 (of 313)

00000/0: 207 (of 231)

000000: 58:01

0000:

00000: 1(of 1)

Senioren 8 (TM 75)

0000000: 1:36:25

0000

0000

000

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	15:40	1.91	1	-	221	8:37	0.50	15:40	1.91	1	-	-	232	6:02
Wechsel S->R	-	3:52	-	1	-	195	2:44	0.50	19:32	1.54	1	-	-	232	7:40
Schwimmen 000	0.50	19:32	1.54	1	-	232	7:40	0.50	19:32	1.54	1	-	-	232	7:40
ZZ Rad	5.75	9:06	37.91	1	-	199	2:40	6.25	28:38	13.10	1	-	-	232	9:24
ZZ Rad	4.25	12:37	20.21	1	-	192	3:22	10.50	41:15	15.27	1	-	-	227	11:56
ZZ Rad	4.25	12:54	19.77	1	-	201	3:35	14.75	54:09	16.34	1	-	-	227	14:49
Rad Ziel	5.75	10:15	33.66	1	-	205	5:38	20.50	1:04:24	19.10	1	-	-	232	17:16
Rad 0	20.00	44:52	26.75	1	-	202	26:43	20.50	1:04:24	19.10	1	-	-	232	17:16
Wechsel R->L	-	2:20	-	1	-	224	1:51	20.50	1:06:44	18.43	1	-	-	229	18:40
Rad 000	20.00	47:12	25.42	1	-	207	27:00	20.50	1:06:44	18.43	1	-	-	229	18:40
ZZ Lauf	2.50	14:43	10.19	1	-	201	6:44	23.00	1:21:27	16.94	1	-	-	228	24:32
Lauf Ziel	2.50	14:58	10.02	1	-	192	6:25	25.50	1:36:25	15.87	1	-	-	207	38:24
Lauf 000	5.00	29:41	10.11	1	-	194	13:02	25.50	1:36:25	15.87	1	-	-	207	38:24