



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Neumann, Jonas

000: 1:37:55

00: 120

00: 25.50 km

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

0000:

männliche AK 2 (TM 25)

00000/000: 284 (of 313)

00000/0: 214 (of 231)

000000: 58:01

00000: 15(of 15)

0000000: 1:06:58

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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	12:13	2.46	13	3:26	162	5:10	0.50	12:13	2.46	16	1:45	232	2:35
Wechsel S->R	-	3:17	-	8	1:48	156	2:09	0.50	15:30	1.94	16	0:26	232	3:38
Schwimmen 000	0.50	15:30	1.94	16	0:26	232	3:38	0.50	15:30	1.94	16	0:26	232	3:38
ZZ Rad	5.75	9:51	35.03	14	2:48	220	3:25	6.25	25:21	14.79	16	1:10	232	6:07
ZZ Rad	4.25	14:00	18.21	14	4:14	218	4:45	10.50	39:21	16.01	16	2:30	227	10:02
ZZ Rad	4.25	13:53	18.37	14	4:22	218	4:34	14.75	53:14	16.62	16	3:41	227	13:54
Rad Ziel	5.75	11:01	31.32	15	3:26	222	6:24	20.50	1:04:15	19.14	16	4:42	232	17:07
Rad 0	20.00	48:45	24.62	14	14:29	222	30:36	20.50	1:04:15	19.14	16	4:42	232	17:07
Wechsel R->L	-	1:00	-	8	0:24	92	0:31	20.50	1:05:15	18.85	16	4:22	229	17:11
Rad 000	20.00	49:45	24.12	14	14:31	217	29:33	20.50	1:05:15	18.85	16	4:22	229	17:11
ZZ Lauf	2.50	16:21	9.17	15	7:16	219	8:22	23.00	1:21:36	16.91	16	8:05	228	24:41
Lauf Ziel	2.50	16:19	9.19	15	7:02	208	7:46	25.50	1:37:55	15.63	15	30:57	214	39:54
Lauf 000	5.00	32:40	9.18	15	14:18	211	16:01	25.50	1:37:55	15.63	15	30:57	214	39:54