



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Remus, Ingo

000: 1:18:27

00: Feuerwehr Bensheim

00: 172

00: 25.50 km

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

00000/000: 118 (of 313)

00000/0: 106 (of 231)

000000: 58:01

0000:

00000: 20(of 38)

Senioren 1 (TM 40)

0000000: 1:05:31

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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	11:59	2.50	29	4:41	153	4:56	0.50	11:59	2.50	39	2:58	232	2:21
Wechsel S->R	-	2:11	-	13	0:28	63	1:03	0.50	14:10	2.12	39	3:19	232	2:18
Schwimmen 000	0.50	14:10	2.12	39	3:19	232	2:18	0.50	14:10	2.12	39	3:19	232	2:18
ZZ Rad	5.75	7:55	43.58	11	1:11	82	1:29	6.25	22:05	16.98	39	3:49	232	2:51
ZZ Rad	4.25	11:13	22.73	18	1:38	106	1:58	10.50	33:18	18.92	39	5:13	227	3:59
ZZ Rad	4.25	11:02	23.11	17	1:32	99	1:43	14.75	44:20	19.96	39	6:27	227	5:00
Rad Ziel	5.75	8:53	38.84	22	1:34	114	4:16	20.50	53:13	23.11	39	7:24	232	6:05
Rad 0	20.00	39:03	30.73	16	5:43	106	20:54	20.50	53:13	23.11	39	7:24	232	6:05
Wechsel R->L	-	0:34	-	2	0:05	4	0:05	20.50	53:47	22.87	39	7:12	229	5:43
Rad 000	20.00	39:37	30.29	15	5:34	88	19:25	20.50	53:47	22.87	39	7:12	229	5:43
ZZ Lauf	2.50	12:17	12.21	22	2:43	127	4:18	23.00	1:06:04	20.89	39	9:54	228	9:09
Lauf Ziel	2.50	12:23	12.11	23	2:40	115	3:50	25.50	1:18:27	19.50	20	12:56	106	20:26
Lauf 000	5.00	24:40	12.16	22	5:23	119	8:01	25.50	1:18:27	19.50	20	12:56	106	20:26