



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Diehl, Rainer

000: 1:20:18

00: Team Erdinger Alkoholfrei

00: 179

00: 25.50 km

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

00000/000: 145 (of 313)

00000/0: 127 (of 231)

000000: 58:01

0000:

00000: 18(of 33)

Senioren 3 (TM 50)

0000000: 1:04:59

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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	14:26	2.08	31	6:29	212	7:23	0.50	14:26	2.08	34	3:48	232	4:48
Wechsel S->R	-	3:33	-	25	2:05	176	2:25	0.50	17:59	1.67	34	4:25	232	6:07
Schwimmen 000	0.50	17:59	1.67	34	4:25	232	6:07	0.50	17:59	1.67	34	4:25	232	6:07
ZZ Rad	5.75	7:50	44.04	14	0:50	73	1:24	6.25	25:49	14.53	34	3:10	232	6:35
ZZ Rad	4.25	10:30	24.29	8	0:58	51	1:15	10.50	36:19	17.35	33		227	7:00
ZZ Rad	4.25	10:18	24.76	6	0:56	36	0:59	14.75	46:37	18.98	33		227	7:17
Rad Ziel	5.75	8:13	41.99	8	0:49	50	3:36	20.50	54:50	22.43	34		232	7:42
Rad 0	20.00	36:51	32.56	9	18:10	54	18:42	20.50	54:50	22.43	34		232	7:42
Wechsel R->L	-	1:49	-	28	1:15	204	1:20	20.50	56:39	21.71	33		229	8:35
Rad 000	20.00	38:40	31.03	11	4:33	64	18:28	20.50	56:39	21.71	33		229	8:35
ZZ Lauf	2.50	11:23	13.18	12	1:29	86	3:24	23.00	1:08:02	20.28	33		228	11:07
Lauf Ziel	2.50	12:16	12.23	15	2:01	110	3:43	25.50	1:20:18	19.05	18	15:19	127	22:17
Lauf 000	5.00	23:39	12.68	14	3:14	98	7:00	25.50	1:20:18	19.05	18	15:19	127	22:17