



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Guenter, Jens

000: 1:22:16

00: 180

00: 25.50 km

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

00000/000: 168 (of 313)

00000/0: 143 (of 231)

000000: 58:01

0000:

männliche AK 4 (TM 35)

00000: 19(of 28)

0000000: 1:03:20

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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	12:10	2.47	23	4:00	159	5:07	0.50	12:10	2.47	29	2:38	232	2:32
Wechsel S->R	-	3:30	-	23	1:58	173	2:22	0.50	15:40	1.91	29	4:05	232	3:48
Schwimmen 000	0.50	15:40	1.91	29	4:05	232	3:48	0.50	15:40	1.91	29	4:05	232	3:48
ZZ Rad	5.75	8:03	42.86	15	1:13	102	1:37	6.25	23:43	15.81	29	4:11	232	4:29
ZZ Rad	4.25	11:16	22.63	15	1:47	115	2:01	10.50	34:59	18.01	27		227	5:40
ZZ Rad	4.25	11:07	22.94	15	1:37	104	1:48	14.75	46:06	19.20	27		227	6:46
Rad Ziel	5.75	8:57	38.55	18	1:32	124	4:20	20.50	55:03	22.34	29	5:07	232	7:55
Rad 0	20.00	39:23	30.47	20	21:14	118	21:14	20.50	55:03	22.34	29	5:07	232	7:55
Wechsel R->L	-	1:06	-	16	0:23	116	0:37	20.50	56:09	21.91	28		229	8:05
Rad 000	20.00	40:29	29.64	17	20:17	112	20:17	20.50	56:09	21.91	28		229	8:05
ZZ Lauf	2.50	13:08	11.42	21	4:17	161	5:09	23.00	1:09:17	19.92	27		228	12:22
Lauf Ziel	2.50	12:59	11.55	19	3:34	143	4:26	25.50	1:22:16	18.60	19	18:56	143	24:15
Lauf 000	5.00	26:07	11.49	20	7:51	154	9:28	25.50	1:22:16	18.60	19	18:56	143	24:15