



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Baumgarten, Jürgen

000: 1:22:55

00: TuS Hochheim

00: 150

00: 25.50 km

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

00000/000: 175 (of 313)

00000/0: 151 (of 231)

000000: 58:01

0000:

00000: 21(of 33)

Senioren 3 (TM 50)

0000000: 1:04:59

0000

0000

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000	000	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	9:42	3.09	6	1:45	49	2:39	0.50	9:42	3.09	34		232	0:04
Wechsel S->R	-	2:18	-	11	0:50	75	1:10	0.50	12:00	2.50	34		232	0:08
Schwimmen 000	0.50	12:00	2.50	34		232	0:08	0.50	12:00	2.50	34		232	0:08
ZZ Rad	5.75	8:20	41.40	23	1:20	145	1:54	6.25	20:20	18.44	34		232	1:06
ZZ Rad	4.25	11:43	21.76	24	2:11	157	2:28	10.50	32:03	19.66	33		227	2:44
ZZ Rad	4.25	11:41	21.83	22	2:19	150	2:22	14.75	43:44	20.24	33		227	4:24
Rad Ziel	5.75	9:28	36.44	25	2:04	168	4:51	20.50	53:12	23.12	34		232	6:04
Rad 0	20.00	41:12	29.13	25	22:31	163	23:03	20.50	53:12	23.12	34		232	6:04
Wechsel R->L	-	1:09	-	12	0:35	128	0:40	20.50	54:21	22.63	33		229	6:17
Rad 000	20.00	42:21	28.34	22	8:14	156	22:09	20.50	54:21	22.63	33		229	6:17
ZZ Lauf	2.50	13:34	11.06	24	3:40	176	5:35	23.00	1:07:55	20.32	33		228	11:00
Lauf Ziel	2.50	15:00	10.00	27	4:45	193	6:27	25.50	1:22:55	18.45	21	17:56	151	24:54
Lauf 000	5.00	28:34	10.50	27	8:09	186	11:55	25.50	1:22:55	18.45	21	17:56	151	24:54