



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Ulmer, Dominic

000: 1:23:33

00: 149

00: 25.50 km

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

0000:

männliche AK 4 (TM 35)

00000/000: 180 (of 313)

00000/0: 155 (of 231)

000000: 58:01

00000: 21(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	10:15	2.93	13	2:05	73	3:12	0.50	10:15	2.93	29	0:43	232	0:37
Wechsel S->R	-	2:20	-	14	0:48	81	1:12	0.50	12:35	2.38	29	1:00	232	0:43
Schwimmen 000	0.50	12:35	2.38	29	1:00	232	0:43	0.50	12:35	2.38	29	1:00	232	0:43
ZZ Rad	5.75	8:25	40.99	23	1:35	152	1:59	6.25	21:00	17.86	29	1:28	232	1:46
ZZ Rad	4.25	11:57	21.34	24	2:28	171	2:42	10.50	32:57	19.12	27		227	3:38
ZZ Rad	4.25	11:50	21.55	24	2:20	163	2:31	14.75	44:47	19.76	27		227	5:27
Rad Ziel	5.75	9:26	36.57	23	2:01	166	4:49	20.50	54:13	22.69	29	4:17	232	7:05
Rad 0	20.00	41:38	28.82	25	23:29	166	23:29	20.50	54:13	22.69	29	4:17	232	7:05
Wechsel R->L	-	1:35	-	24	0:52	190	1:06	20.50	55:48	22.04	28		23	7:44
Rad 000	20.00	43:13	27.77	24	23:01	168	23:01	20.50	55:48	22.04	28		23	7:44
ZZ Lauf	2.50	14:09	10.60	23	5:18	190	6:10	23.00	1:09:57	19.73	27		228	13:02
Lauf Ziel	2.50	13:36	11.03	23	4:11	162	5:03	25.50	1:23:33	18.31	21	20:13	155	25:32
Lauf 000	5.00	27:45	10.81	23	9:29	174	11:06	25.50	1:23:33	18.31	21	20:13	155	25:32