



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Bartelt, Jörg

000: 1:24:36

00: 163

00: 25.50 km

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

00000/000: 196 (of 313)

00000/0: 165 (of 231)

000000: 58:01

0000:

00000: 24(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	13:37	2.20	28	5:40	198	6:34	0.50	13:37	2.20	34	2:59	232	3:59
Wechsel S->R	-	3:59	-	29	2:31	202	2:51	0.50	17:36	1.70	34	4:02	232	5:44
Schwimmen 000	0.50	17:36	1.70	34	4:02	232	5:44	0.50	17:36	1.70	34	4:02	232	5:44
ZZ Rad	5.75	8:24	41.07	24	1:24	150	1:58	6.25	26:00	14.42	34	3:21	232	6:46
ZZ Rad	4.25	11:53	21.46	25	2:21	166	2:38	10.50	37:53	16.63	33		227	8:34
ZZ Rad	4.25	12:06	21.07	25	2:44	171	2:47	14.75	49:59	17.71	33		227	10:39
Rad Ziel	5.75	9:27	36.51	24	2:03	167	4:50	20.50	59:26	20.70	34	2:16	232	12:18
Rad 0	20.00	41:50	28.69	26	23:09	171	23:41	20.50	59:26	20.70	34	2:16	232	12:18
Wechsel R->L	-	0:43	-	3	0:09	27	0:14	20.50	1:00:09	20.45	33		229	12:05
Rad 000	20.00	42:33	28.20	25	8:26	161	22:21	20.50	1:00:09	20.45	33		229	12:05
ZZ Lauf	2.50	11:56	12.57	15	2:02	113	3:57	23.00	1:12:05	19.14	33		228	15:10
Lauf Ziel	2.50	12:31	11.98	19	2:16	124	3:58	25.50	1:24:36	18.09	24	19:37	165	26:35
Lauf 000	5.00	24:27	12.27	15	4:02	112	7:48	25.50	1:24:36	18.09	24	19:37	165	26:35