



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Hummel, Nicolas

000: 1:07:11

00: 200

00: 25.50 km

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

00000/000: 18 (of 313)

00000/0: 17 (of 231)

000000: 58:01

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männliche AK 1 (TM 20)

00000: 4(of 11)

0000000: 58:01

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Schwimmen nett	0.50	9:55	3.03	6	2:52	55	2:52	0.50	9:55	3.03	12		232	0:17
Wechsel S->R	-	1:29	-	2	0:21	4	0:21	0.50	11:24	2.63	12		232	
Schwimmen 000	0.50	11:24	2.63	12		232		0.50	11:24	2.63	12		232	
ZZ Rad	5.75	7:29	46.10	4	0:41	37	1:03	6.25	18:53	19.86	12		232	
ZZ Rad	4.25	10:26	24.44	5	1:11	46	1:11	10.50	29:19	21.49	11		1	-
ZZ Rad	4.25	10:25	24.48	6	1:06	45	1:06	14.75	39:44	22.27	11		4	0:24
Rad Ziel	5.75	7:54	43.67	2	0:37	23	3:17	20.50	47:38	25.82	12		232	0:30
Rad 0	20.00	36:14	33.12	6	13:25	41	18:05	20.50	47:38	25.82	12		232	0:30
Wechsel R->L	-	0:43	-	5	0:11	27	0:14	20.50	48:21	25.44	12		229	0:17
Rad 000	20.00	36:57	32.48	5	12:26	37	16:45	20.50	48:21	25.44	12		229	0:17
ZZ Lauf	2.50	9:18	16.13	3	1:19	9	1:19	23.00	57:39	23.94	12		228	0:44
Lauf Ziel	2.50	9:32	15.73	3	0:52	7	0:59	25.50	1:07:11	22.77	4	9:10	17	9:10
Lauf 000	5.00	18:50	15.93	3	2:11	9	2:11	25.50	1:07:11	22.77	4	9:10	17	9:10