



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Walter, Dieter

000: 1:28:42

00: 147

00: 25.50 km

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

00000/000: 221 (of 313)

00000/0: 180 (of 231)

000000: 58:01

0000:

Senioren 7 (TM 70)

00000: 2(of 4)

0000000: 1:19:21

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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	12:25	2.42	2	0:27	166	5:22	0.50	12:25	2.42	5		35	2:47
Wechsel S->R	-	2:29	-	2	0:06	102	1:21	0.50	14:54	2.01	5		232	3:02
Schwimmen 000	0.50	14:54	2.01	5		232	3:02	0.50	14:54	2.01	5		232	3:02
ZZ Rad	5.75	9:06	37.91	2	1:15	199	2:40	6.25	24:00	15.63	5		23	4:46
ZZ Rad	4.25	13:00	19.62	2	1:51	203	3:45	10.50	37:00	17.03	5		227	7:41
ZZ Rad	4.25	12:57	19.69	2	1:57	204	3:38	14.75	49:57	17.72	5		227	10:37
Rad Ziel	5.75	10:30	32.86	2	1:41	212	5:53	20.50	1:00:27	20.35	5		232	13:19
Rad 0	20.00	45:33	26.34	2	6:44	208	27:24	20.50	1:00:27	20.35	5		232	13:19
Wechsel R->L	-	0:36	-	1	-	8	0:07	20.50	1:01:03	20.15	5		229	12:59
Rad 000	20.00	46:09	26.00	2	5:58	200	25:57	20.50	1:01:03	20.15	5		229	12:59
ZZ Lauf	2.50	13:29	11.12	2	1:54	173	5:30	23.00	1:14:32	18.52	5		228	17:37
Lauf Ziel	2.50	14:10	10.59	2	0:56	175	5:37	25.50	1:28:42	17.25	2	9:21	180	30:41
Lauf 000	5.00	27:39	10.85	2	2:50	172	11:00	25.50	1:28:42	17.25	2	9:21	180	30:41