



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Lange, Joern

000: 1:09:20

00: TEA

00: 218

00: 25.50 km

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

00000/000: 29 (of 313)

00000/0: 27 (of 231)

000000: 58:01

0000:

männliche AK 4 (TM 35)

00000: 5(of 28)

0000000: 1:03:20

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0000

000

000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:00	3.00	11	1:50	59	2:57	0.50	10:00	3.00	29	0:28	232	0:22
Wechsel S->R	-	1:52	-	6	0:20	26	0:44	0.50	11:52	2.53	29	0:17	1	-
Schwimmen 000	0.50	11:52	2.53	29	0:17	1	-	0.50	11:52	2.53	29	0:17	1	-
ZZ Rad	5.75	7:11	48.03	4	0:21	15	0:45	6.25	19:03	19.69	29		232	
ZZ Rad	4.25	9:41	26.33	3	0:12	9	0:26	10.50	28:44	21.93	17		227	
ZZ Rad	4.25	9:34	26.66	2	0:04	8	0:15	14.75	38:18	23.11	17		227	
Rad Ziel	5.75	7:37	45.30	4	0:12	13	3:00	20.50	45:55	26.79	29		232	
Rad 0	20.00	34:03	35.24	6	15:54	16	15:54	20.50	45:55	26.79	29		232	
Wechsel R->L	-	1:08	-	18	0:25	124	0:39	20.50	47:03	26.14	18		229	
Rad 000	20.00	35:11	34.11	5	14:59	13	14:59	20.50	47:03	26.14	18		229	
ZZ Lauf	2.50	11:02	13.60	11	2:11	72	3:03	23.00	58:05	23.76	17		228	1:10
Lauf Ziel	2.50	11:15	13.33	9	1:50	61	2:42	25.50	1:09:20	22.07	5	6:00	26	11:19
Lauf 000	5.00	22:17	13.46	11	4:01	72	5:38	25.50	1:09:20	22.07	5	6:00	26	11:19