



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Gies, Michael

000: 1:12:13

00: 197

00: 25.50 km

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

00000/000: 50 (of 313)

00000/0: 47 (of 231)

000000: 58:01

0000:

00000: 9(of 38)

Senioren 1 (TM 40)

0000000: 1:05:31

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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	8:07	3.70	2	0:49	8	1:04	0.50	8:07	3.70	39		232	
Wechsel S->R	-	2:30	-	23	0:47	104	1:22	0.50	10:37	2.83	39		232	
Schwimmen 000	0.50	10:37	2.83	39		232		0.50	10:37	2.83	39		232	
ZZ Rad	5.75	7:20	47.05	5	0:36	25	0:54	6.25	17:57	20.89	39		232	
ZZ Rad	4.25	9:48	26.02	3	0:13	13	0:33	10.50	27:45	22.70	39		227	
ZZ Rad	4.25	9:56	25.67	5	0:26	18	0:37	14.75	37:41	23.49	39		227	
Rad Ziel	5.75	7:51	43.95	4	0:32	20	3:14	20.50	45:32	27.01	39		232	
Rad 0	20.00	34:55	34.37	4	1:35	22	16:46	20.50	45:32	27.01	39		232	
Wechsel R->L	-	0:52	-	15	0:23	64	0:23	20.50	46:24	26.51	39		229	
Rad 000	20.00	35:47	33.54	5	1:44	19	15:35	20.50	46:24	26.51	39		229	
ZZ Lauf	2.50	12:31	11.98	25	2:57	142	4:32	23.00	58:55	23.42	39	2:45	228	2:00
Lauf Ziel	2.50	13:18	11.28	28	3:35	153	4:45	25.50	1:12:13	21.19	9	6:42	47	14:12
Lauf 000	5.00	25:49	11.62	26	6:32	148	9:10	25.50	1:12:13	21.19	9	6:42	47	14:12