



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Gießke, Jürgen

000: 1:32:56

00: 157

00: 25.50 km

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

00000/000: 251 (of 313)

00000/0: 195 (of 231)

000000: 58:01

0000:

Senioren 4 (TM 55)

00000: 16(of 21)

0000000: 1:09:46

0000

0000

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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	15:05	1.99	21	7:16	220	8:02	0.50	15:05	1.99	22	1:44	232	5:27
Wechsel S->R	-	3:19	-	13	1:32	161	2:11	0.50	18:24	1.63	22	2:27	232	6:32
Schwimmen 000	0.50	18:24	1.63	22	2:27	232	6:32	0.50	18:24	1.63	22	2:27	232	6:32
ZZ Rad	5.75	8:39	39.88	14	1:27	176	2:13	6.25	27:03	13.86	22	3:20	232	7:49
ZZ Rad	4.25	12:03	21.16	14	1:58	174	2:48	10.50	39:06	16.11	22	4:23	227	9:47
ZZ Rad	4.25	12:02	21.19	14	1:57	169	2:43	14.75	51:08	17.31	22	5:06	29	11:48
Rad Ziel	5.75	9:45	35.38	15	1:44	180	5:08	20.50	1:00:53	20.20	22	5:52	232	13:45
Rad 0	20.00	42:29	28.25	14	6:51	176	24:20	20.50	1:00:53	20.20	22	5:52	232	13:45
Wechsel R->L	-	1:40	-	19	1:00	195	1:11	20.50	1:02:33	19.66	22	6:05	229	14:29
Rad 000	20.00	44:09	27.18	15	7:21	178	23:57	20.50	1:02:33	19.66	22	6:05	229	14:29
ZZ Lauf	2.50	14:20	10.47	14	4:20	193	6:21	23.00	1:16:53	17.95	22	8:47	228	19:58
Lauf Ziel	2.50	16:03	9.35	16	5:24	204	7:30	25.50	1:32:56	16.46	16	23:10	195	34:55
Lauf 000	5.00	30:23	9.87	16	9:29	203	13:44	25.50	1:32:56	16.46	16	23:10	195	34:55