



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Glanzner, Stephan

000: 1:13:30

00: Allumbar

00: 220

00: 25.50 km

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

0000:

Senioren 2 (TM 45)

00000/000: 62 (of 313)

00000/0: 59 (of 231)

000000: 58:01

00000: 8(of 39)

0000000: 1:07:30

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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	9:08	3.28	3	0:29	25	2:05	0.50	9:08	3.28	40		232	
Wechsel S->R	-	2:33	-	18	0:57	109	1:25	0.50	11:41	2.57	40		232	
Schwimmen 000	0.50	11:41	2.57	40		232		0.50	11:41	2.57	40		232	
ZZ Rad	5.75	7:40	45.00	8	0:23	51	1:14	6.25	19:21	19.38	40		232	0:07
ZZ Rad	4.25	10:40	23.91	12	0:46	58	1:25	10.50	30:01	20.99	39		227	0:42
ZZ Rad	4.25	10:30	24.29	10	0:36	49	1:11	14.75	40:31	21.84	39		227	1:11
Rad Ziel	5.75	8:21	41.32	12	0:36	65	3:44	20.50	48:52	25.17	40		232	1:44
Rad 0	20.00	37:11	32.27	10	2:19	58	19:02	20.50	48:52	25.17	40		232	1:44
Wechsel R->L	-	1:19	-	27	0:48	162	0:50	20.50	50:11	24.51	39		229	2:07
Rad 000	20.00	38:30	31.17	10	2:51	61	18:18	20.50	50:11	24.51	39		229	2:07
ZZ Lauf	2.50	11:26	13.12	19	2:09	90	3:27	23.00	1:01:37	22.40	39		228	4:42
Lauf Ziel	2.50	11:53	12.62	18	2:23	87	3:20	25.50	1:13:30	20.82	8	6:00	59	15:29
Lauf 000	5.00	23:19	12.87	18	4:32	87	6:40	25.50	1:13:30	20.82	8	6:00	59	15:29