



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Vandenhoeck, Johan

000: 1:17:35

00: 239

00: 25.50 km

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

0000:

Senioren 3 (TM 50)

00000/000: 109 (of 313)

00000/0: 98 (of 231)

000000: 58:01

00000: 12(of 33)

0000000: 1:04:59

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	8:28	3.54	2	0:31	12	1:25	0.50	8:28	3.54	8			232	
Wechsel S->R	-	2:42	-	17	1:14	120	1:34	0.50	11:10	2.69	8			232	
Schwimmen 000	0.50	11:10	2.69	8			232	0.50	11:10	2.69	8			232	
ZZ Rad	5.75	8:16	41.73	21	1:16	136	1:50	6.25	19:26	19.30	8			232	0:12
ZZ Rad	4.25	11:25	22.34	20	1:53	134	2:10	10.50	30:51	20.42	24			227	1:32
ZZ Rad	4.25	11:29	22.21	21	2:07	133	2:10	14.75	42:20	20.91	33			227	3:00
Rad Ziel	5.75	8:58	38.48	20	1:34	127	4:21	20.50	51:18	23.98	8			232	4:10
Rad 0	20.00	40:08	29.90	22	21:27	136	21:59	20.50	51:18	23.98	8			232	4:10
Wechsel R->L	-	1:49	-	28	1:15	204	1:20	20.50	53:07	23.16	33			229	5:03
Rad 000	20.00	41:57	28.61	20	7:50	149	21:45	20.50	53:07	23.16	33			229	5:03
ZZ Lauf	2.50	12:13	12.28	18	2:19	123	4:14	23.00	1:05:20	21.12	33			228	8:25
Lauf Ziel	2.50	12:15	12.24	14	2:00	109	3:42	25.50	1:17:35	19.72	12	12:36		98	19:34
Lauf 000	5.00	24:28	12.26	16	4:03	113	7:49	25.50	1:17:35	19.72	12	12:36		98	19:34