



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Kolb, Gerrit

000: 1:20:46

00: 205

00: 25.50 km

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

00000/000: 151 (of 313)

00000/0: 132 (of 231)

000000: 58:01

0000:

männliche AK 3 (TM 30)

00000: 14(of 20)

0000000: 1:00:52

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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	11:52	2.53	16	3:37	147	4:49	0.50	11:52	2.53	13		232	2:14
Wechsel S->R	-	3:57	-	19	2:22	200	2:49	0.50	15:49	1.90	13	0:27	34	3:57
Schwimmen 000	0.50	15:49	1.90	13	0:27	34	3:57	0.50	15:49	1.90	13	0:27	34	3:57
ZZ Rad	5.75	8:10	42.24	11	1:44	122	1:44	6.25	23:59	15.64	13	0:04	232	4:45
ZZ Rad	4.25	11:14	22.70	11	1:50	111	1:59	10.50	35:13	17.89	13		227	5:54
ZZ Rad	4.25	11:39	21.89	13	2:15	147	2:20	14.75	46:52	18.88	13		227	7:32
Rad Ziel	5.75	8:41	39.73	11	1:14	93	4:04	20.50	55:33	22.14	13		232	8:25
Rad 0	20.00	39:44	30.20	12	6:37	125	21:35	20.50	55:33	22.14	13		232	8:25
Wechsel R->L	-	1:26	-	19	0:51	178	0:57	20.50	56:59	21.59	13		229	8:55
Rad 000	20.00	41:10	29.15	13	7:26	133	20:58	20.50	56:59	21.59	13		229	8:55
ZZ Lauf	2.50	11:47	12.73	11	3:36	107	3:48	23.00	1:08:46	20.07	13		228	11:51
Lauf Ziel	2.50	12:00	12.50	11	3:27	96	3:27	25.50	1:20:46	18.94	14	19:54	132	22:45
Lauf 000	5.00	23:47	12.61	12	7:03	103	7:08	25.50	1:20:46	18.94	14	19:54	132	22:45