



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Zimmermann, Peter

000: 1:20:55

00: LF Naheland Bad Kreuznach

00: 231

00: 25.50 km

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

00000/000: 152 (of 313)

00000/0: 133 (of 231)

000000: 58:01

0000:

00000: 5(of 11)

Senioren 5 (TM 60)

0000000: 1:13:27

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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	13:32	2.22	9	3:27	197	6:29	0.50	13:32	2.22	12	3:27	232	3:54
Wechsel S->R	-	3:00	-	5	1:04	135	1:52	0.50	16:32	1.81	12	4:31	232	4:40
Schwimmen 000	0.50	16:32	1.81	12	4:31	232	4:40	0.50	16:32	1.81	12	4:31	232	4:40
ZZ Rad	5.75	8:21	41.32	7	0:39	147	1:55	6.25	24:53	15.07	12	5:07	232	5:39
ZZ Rad	4.25	11:35	22.01	7	0:52	144	2:20	10.50	36:28	17.28	12	5:59	227	7:09
ZZ Rad	4.25	11:28	22.24	5	0:57	130	2:09	14.75	47:56	18.46	12	6:48	227	8:36
Rad Ziel	5.75	8:53	38.84	4	0:44	114	4:16	20.50	56:49	21.65	12	7:32	232	9:41
Rad 0	20.00	40:17	29.79	6	3:01	141	22:08	20.50	56:49	21.65	12	7:32	232	9:41
Wechsel R->L	-	0:41	-	2	0:02	20	0:12	20.50	57:30	21.39	12	7:34	229	9:26
Rad 000	20.00	40:58	29.29	5	3:03	129	20:46	20.50	57:30	21.39	12	7:34	229	9:26
ZZ Lauf	2.50	11:38	12.89	3	0:13	98	3:39	23.00	1:09:08	19.96	12	7:47	228	12:13
Lauf Ziel	2.50	11:47	12.73	1	-	82	3:14	25.50	1:20:55	18.91	5	7:28	133	22:54
Lauf 000	5.00	23:25	12.81	1	-	90	6:46	25.50	1:20:55	18.91	5	7:28	133	22:54