



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Karb, Karl Heinz

000: 1:21:31

00: Poseidon Worms

00: 228

00: 25.50 km

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

00000/000: 159 (of 313)

00000/0: 138 (of 231)

000000: 58:01

0000:

00000: 2(of 5)

Senioren 6 (TM 65)

0000000: 1:20:44

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Schwimmen nett	0.50	12:36	2.38	2	1:24	176	5:33	0.50	12:36	2.38	6		8	2:58
Wechsel S->R	-	2:53	-	2	0:12	127	1:45	0.50	15:29	1.94	6		29	3:37
Schwimmen 000	0.50	15:29	1.94	6		29	3:37	0.50	15:29	1.94	6		29	3:37
ZZ Rad	5.75	7:53	43.76	2	0:10	79	1:27	6.25	23:22	16.05	6		232	4:08
ZZ Rad	4.25	11:05	23.01	2	0:24	96	1:50	10.50	34:27	18.29	6		227	5:08
ZZ Rad	4.25	11:15	22.67	2	0:22	117	1:56	14.75	45:42	19.37	6	0:08	227	6:22
Rad Ziel	5.75	8:53	38.84	2	0:13	114	4:16	20.50	54:35	22.53	6	0:21	232	7:27
Rad 0	20.00	39:06	30.69	2	1:09	109	20:57	20.50	54:35	22.53	6	0:21	232	7:27
Wechsel R->L	-	1:39	-	3	0:30	193	1:10	20.50	56:14	21.87	6	0:26	229	8:10
Rad 000	20.00	40:45	29.45	2	1:14	119	20:33	20.50	56:14	21.87	6	0:26	229	8:10
ZZ Lauf	2.50	12:17	12.21	1	-	127	4:18	23.00	1:08:31	20.14	6	0:23	228	11:36
Lauf Ziel	2.50	13:00	11.54	2	0:24	146	4:27	25.50	1:21:31	18.77	2	0:47	138	23:30
Lauf 000	5.00	25:17	11.87	2	0:21	136	8:38	25.50	1:21:31	18.77	2	0:47	138	23:30