



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Heiliger, Dieter

000: 1:22:00

00: 226

00: 25.50 km

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

00000/000: 165 (of 313)

00000/0: 141 (of 231)

000000: 58:01

0000:

00000: 30(of 38)

Senioren 1 (TM 40)

0000000: 1:05:31

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	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	11:58	2.51	28	4:40	151	4:55	0.50	11:58	2.51	39	2:57	232	2:20
Wechsel S->R	-	3:42	-	33	1:59	186	2:34	0.50	15:40	1.91	39	4:49	232	3:48
Schwimmen 000	0.50	15:40	1.91	39	4:49	232	3:48	0.50	15:40	1.91	39	4:49	232	3:48
ZZ Rad	5.75	8:36	40.12	34	1:52	171	2:10	6.25	24:16	15.45	39	6:00	232	5:02
ZZ Rad	4.25	11:35	22.01	27	2:00	144	2:20	10.50	35:51	17.57	39	7:46	227	6:32
ZZ Rad	4.25	11:39	21.89	27	2:09	147	2:20	14.75	47:30	18.63	39	9:37	227	8:10
Rad Ziel	5.75	9:08	37.77	26	1:49	140	4:31	20.50	56:38	21.72	39	10:49	232	9:30
Rad 0	20.00	40:58	29.29	29	7:38	157	22:49	20.50	56:38	21.72	39	10:49	232	9:30
Wechsel R->L	-	1:42	-	37	1:13	196	1:13	20.50	58:20	21.09	39	11:45	229	10:16
Rad 000	20.00	42:40	28.13	31	8:37	163	22:28	20.50	58:20	21.09	39	11:45	229	10:16
ZZ Lauf	2.50	11:44	12.78	17	2:10	104	3:45	23.00	1:10:04	19.70	39	13:54	228	13:09
Lauf Ziel	2.50	11:56	12.57	18	2:13	90	3:23	25.50	1:22:00	18.66	30	16:29	141	23:59
Lauf 000	5.00	23:40	12.68	18	4:23	100	7:01	25.50	1:22:00	18.66	30	16:29	141	23:59