



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Hagmaier, Dirk

000: 1:22:44

00: 207

00: 25.50 km

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

00000/000: 174 (of 313)

00000/0: 150 (of 231)

000000: 58:01

0000:

00000: 32(of 38)

Senioren 1 (TM 40)

0000000: 1:05:31

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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	10:40	2.81	21	3:22	99	3:37	0.50	10:40	2.81	39	1:39	232	1:02
Wechsel S->R	-	3:04	-	27	1:21	138	1:56	0.50	13:44	2.18	39	2:53	232	1:52
Schwimmen 000	0.50	13:44	2.18	39	2:53	232	1:52	0.50	13:44	2.18	39	2:53	232	1:52
ZZ Rad	5.75	8:13	41.99	21	1:29	128	1:47	6.25	21:57	17.08	39	3:41	232	2:43
ZZ Rad	4.25	11:21	22.47	22	1:46	129	2:06	10.50	33:18	18.92	39	5:13	227	3:59
ZZ Rad	4.25	11:44	21.73	28	2:14	155	2:25	14.75	45:02	19.65	39	7:09	227	5:42
Rad Ziel	5.75	9:17	37.16	30	1:58	155	4:40	20.50	54:19	22.64	39	8:30	232	7:11
Rad 0	20.00	40:35	29.57	26	7:15	149	22:26	20.50	54:19	22.64	39	8:30	232	7:11
Wechsel R->L	-	1:28	-	35	0:59	182	0:59	20.50	55:47	22.05	39	9:12	229	7:43
Rad 000	20.00	42:03	28.54	28	8:00	153	21:51	20.50	55:47	22.05	39	9:12	229	7:43
ZZ Lauf	2.50	13:34	11.06	33	4:00	176	5:35	23.00	1:09:21	19.90	39	13:11	228	12:26
Lauf Ziel	2.50	13:23	11.21	29	3:40	155	4:50	25.50	1:22:44	18.49	32	17:13	150	24:43
Lauf 000	5.00	26:57	11.13	33	7:40	166	10:18	25.50	1:22:44	18.49	32	17:13	150	24:43