



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Gallei, Marc

000: 1:23:06

00: 237

00: 25.50 km

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

0000:

Senioren 2 (TM 45)

00000/000: 176 (of 313)

00000/0: 152 (of 231)

000000: 58:01

00000: 27(of 39)

0000000: 1:07:30

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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	10:23	2.89	12	1:44	77	3:20	0.50	10:23	2.89	40		32	0:45
Wechsel S->R	-	3:13	-	27	1:37	151	2:05	0.50	13:36	2.21	40		232	1:44
Schwimmen 000	0.50	13:36	2.21	40		232	1:44	0.50	13:36	2.21	40		232	1:44
ZZ Rad	5.75	8:07	42.51	19	0:50	112	1:41	6.25	21:43	17.27	40		232	2:29
ZZ Rad	4.25	11:18	22.57	24	1:24	120	2:03	10.50	33:01	19.08	39		227	3:42
ZZ Rad	4.25	11:21	22.47	25	1:27	125	2:02	14.75	44:22	19.95	39		227	5:02
Rad Ziel	5.75	9:04	38.05	25	1:19	134	4:27	20.50	53:26	23.02	40		232	6:18
Rad 0	20.00	39:50	30.13	22	4:58	129	21:41	20.50	53:26	23.02	40		232	6:18
Wechsel R->L	-	0:41	-	2	0:10	20	0:12	20.50	54:07	22.73	39		229	6:03
Rad 000	20.00	40:31	29.62	19	4:52	114	20:19	20.50	54:07	22.73	39		229	6:03
ZZ Lauf	2.50	13:41	10.96	31	4:24	181	5:42	23.00	1:07:48	20.35	39	2:47	228	10:53
Lauf Ziel	2.50	15:18	9.80	34	5:48	197	6:45	25.50	1:23:06	18.41	27	15:36	152	25:05
Lauf 000	5.00	28:59	10.35	31	10:12	189	12:20	25.50	1:23:06	18.41	27	15:36	152	25:05