



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Ruhs, Mirko

000: 1:03:20

00: 256

00: 25.50 km

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

00000/000: 3 (of 313)

00000/0: 3 (of 231)

000000: 58:01

0000:

00000: 1(of 28)

männliche AK 4 (TM 35)

0000000: 1:03:20

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	8:40	3.46	2	0:30	17	1:37	0.50	8:40	3.46	18			232	
Wechsel S->R	-	1:51	-	5	0:19	24	0:43	0.50	10:31	2.85	18			232	
Schwimmen 000	0.50	10:31	2.85	18		232		0.50	10:31	2.85	18			232	
ZZ Rad	5.75	6:50	50.49	1	-	4	0:24	6.25	17:21	21.61	18			232	
ZZ Rad	4.25	9:29	26.89	1	-	3	0:14	10.50	26:50	23.48	27			227	
ZZ Rad	4.25	9:34	26.66	2	0:04	8	0:15	14.75	36:24	24.31	27			227	
Rad Ziel	5.75	7:30	46.00	2	0:05	7	2:53	20.50	43:54	28.02	18			232	
Rad 0	20.00	33:23	35.95	3	15:14	9	15:14	20.50	43:54	28.02	18			232	
Wechsel R->L	-	0:48	-	4	0:05	41	0:19	20.50	44:42	27.52	28			229	
Rad 000	20.00	34:11	35.10	2	13:59	7	13:59	20.50	44:42	27.52	28			229	
ZZ Lauf	2.50	9:02	16.61	2	0:11	5	1:03	23.00	53:44	25.68	27			228	
Lauf Ziel	2.50	9:36	15.63	2	0:11	9	1:03	25.50	1:03:20	24.16	1	-	3	5:19	
Lauf 000	5.00	18:38	16.10	2	0:22	6	1:59	25.50	1:03:20	24.16	1	-	3	5:19	