



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Hübinger, Boris

000: 1:23:59

00: 194

00: 25.50 km

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

0000:

männliche AK 3 (TM 30)

00000/000: 186 (of 313)

00000/0: 157 (of 231)

000000: 58:01

00000: 16(of 20)

0000000: 1:00:52

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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	11:54	2.52	17	3:39	148	4:51	0.50	11:54	2.52	1	-	232	2:16
Wechsel S->R	-	3:28	-	14	1:53	168	2:20	0.50	15:22	1.95	1	-	232	3:30
Schwimmen 000	0.50	15:22	1.95	1	-	232	3:30	0.50	15:22	1.95	1	-	232	3:30
ZZ Rad	5.75	8:33	40.35	15	2:07	163	2:07	6.25	23:55	15.68	1	-	232	4:41
ZZ Rad	4.25	11:58	21.31	16	2:34	172	2:43	10.50	35:53	17.56	1	-	227	6:34
ZZ Rad	4.25	12:06	21.07	15	2:42	171	2:47	14.75	47:59	18.44	1	-	227	8:39
Rad Ziel	5.75	9:20	36.96	15	1:53	159	4:43	20.50	57:19	21.46	1	-	232	10:11
Rad 0	20.00	41:57	28.61	15	8:50	172	23:48	20.50	57:19	21.46	1	-	232	10:11
Wechsel R->L	-	1:04	-	11	0:29	103	0:35	20.50	58:23	21.07	1	-	229	10:19
Rad 000	20.00	43:01	27.90	15	9:17	166	22:49	20.50	58:23	21.07	1	-	229	10:19
ZZ Lauf	2.50	12:43	11.80	16	4:32	152	4:44	23.00	1:11:06	19.41	1	-	228	14:11
Lauf Ziel	2.50	12:53	11.64	16	4:20	139	4:20	25.50	1:23:59	18.22	16	23:07	157	25:58
Lauf 000	5.00	25:36	11.72	16	8:52	146	8:57	25.50	1:23:59	18.22	16	23:07	157	25:58