



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Kern, Frank-Joachim

000: 1:28:52

00: 195

00: 25.50 km

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

00000/000: 224 (of 313)

00000/0: 182 (of 231)

000000: 58:01

0000:

00000: 27(of 33)

Senioren 3 (TM 50)

0000000: 1:04:59

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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	10:38	2.82	15	2:41	98	3:35	0.50	10:38	2.82	1	-	232	1:00
Wechsel S->R	-	2:56	-	18	1:28	133	1:48	0.50	13:34	2.21	1	-	19	1:42
Schwimmen 000	0.50	13:34	2.21	1	-	19	1:42	0.50	13:34	2.21	1	-	19	1:42
ZZ Rad	5.75	9:05	37.98	30	2:05	196	2:39	6.25	22:39	16.56	1	-	232	3:25
ZZ Rad	4.25	12:23	20.59	26	2:51	183	3:08	10.50	35:02	17.98	33		227	5:43
ZZ Rad	4.25	12:25	20.54	26	3:03	182	3:06	14.75	47:27	18.65	33		227	8:07
Rad Ziel	5.75	9:43	35.51	26	2:19	177	5:06	20.50	57:10	21.52	1	-	232	10:02
Rad 0	20.00	43:36	27.52	28	24:55	188	25:27	20.50	57:10	21.52	1	-	232	10:02
Wechsel R->L	-	2:06	-	30	1:32	218	1:37	20.50	59:16	20.75	33		229	11:12
Rad 000	20.00	45:42	26.26	29	11:35	194	25:30	20.50	59:16	20.75	33		229	11:12
ZZ Lauf	2.50	14:20	10.47	28	4:26	193	6:21	23.00	1:13:36	18.75	33		228	16:41
Lauf Ziel	2.50	15:16	9.83	29	5:01	196	6:43	25.50	1:28:52	17.22	27	23:53	182	30:51
Lauf 000	5.00	29:36	10.14	28	9:11	193	12:57	25.50	1:28:52	17.22	27	23:53	182	30:51