



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Lützkendorf, Bernd

000: 1:09:19

00: TSV Auerbach

00: 287

00: 25.50 km

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

00000/000: 27 (of 313)

00000/0: 25 (of 231)

000000: 58:01

0000:

00000: 3(of 39)

Senioren 2 (TM 45)

0000000: 1:07:30

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000	000	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	9:22	3.20	4	0:43	34	2:19	0.50	9:22	3.20	7		232	
Wechsel S->R	-	2:03	-	5	0:27	45	0:55	0.50	11:25	2.63	7		232	
Schwimmen 000	0.50	11:25	2.63	7		232		0.50	11:25	2.63	7		232	
ZZ Rad	5.75	7:22	46.83	2	0:05	26	0:56	6.25	18:47	19.96	7		232	
ZZ Rad	4.25	10:10	25.08	5	0:16	32	0:55	10.50	28:57	21.76	7		227	
ZZ Rad	4.25	9:57	25.63	2	0:03	20	0:38	14.75	38:54	22.75	7		227	
Rad Ziel	5.75	8:06	42.59	4	0:21	36	3:29	20.50	47:00	26.17	7		232	
Rad 0	20.00	35:35	33.72	3	0:43	32	17:26	20.50	47:00	26.17	7		232	
Wechsel R->L	-	1:17	-	24	0:46	156	0:48	20.50	48:17	25.47	7		229	0:13
Rad 000	20.00	36:52	32.55	3	1:13	35	16:40	20.50	48:17	25.47	7		229	0:13
ZZ Lauf	2.50	10:19	14.54	9	1:02	39	2:20	23.00	58:36	23.55	7		228	1:41
Lauf Ziel	2.50	10:43	14.00	8	1:13	38	2:10	25.50	1:09:19	22.07	3	1:49	25	11:18
Lauf 000	5.00	21:02	14.26	8	2:15	40	4:23	25.50	1:09:19	22.07	3	1:49	25	11:18