



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Metzler, David

000: 1:29:46

00: 209

00: 25.50 km

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

0000:

männliche AK 4 (TM 35)

00000/000: 232 (of 313)

00000/0: 188 (of 231)

000000: 58:01

00000: 24(of 28)

0000000: 1:03:20

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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	14:25	2.08	27	6:15	211	7:22	0.50	14:25	2.08	29	4:53	232	4:47
Wechsel S->R	-	3:05	-	18	1:33	140	1:57	0.50	17:30	1.71	29	5:55	232	5:38
Schwimmen 000	0.50	17:30	1.71	29	5:55	232	5:38	0.50	17:30	1.71	29	5:55	232	5:38
ZZ Rad	5.75	9:04	38.05	27	2:14	195	2:38	6.25	26:34	14.12	29	7:02	232	7:20
ZZ Rad	4.25	12:33	20.32	25	3:04	189	3:18	10.50	39:07	16.11	1	-	227	9:48
ZZ Rad	4.25	12:08	21.02	25	2:38	173	2:49	14.75	51:15	17.27	1	-	227	11:55
Rad Ziel	5.75	9:31	36.25	24	2:06	169	4:54	20.50	1:00:46	20.24	29	10:50	232	13:38
Rad 0	20.00	43:16	27.73	27	25:07	182	25:07	20.50	1:00:46	20.24	29	10:50	232	13:38
Wechsel R->L	-	1:04	-	15	0:21	103	0:35	20.50	1:01:50	19.89	1	-	229	13:46
Rad 000	20.00	44:20	27.07	26	24:08	180	24:08	20.50	1:01:50	19.89	1	-	229	13:46
ZZ Lauf	2.50	14:40	10.23	24	5:49	200	6:41	23.00	1:16:30	18.04	1	-	228	19:35
Lauf Ziel	2.50	13:16	11.31	21	3:51	152	4:43	25.50	1:29:46	17.04	24	26:26	188	31:45
Lauf 000	5.00	27:56	10.74	24	9:40	179	11:17	25.50	1:29:46	17.04	24	26:26	188	31:45