



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Dr. Kress, Alexander

□□□: 1:15:58

□□: 269

□□: 25.50 km

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

□□□□□/□□□: 86 (of 313)

□□□□□/□: 78 (of 231)

□□□□□□: 58:01

□□□□:

□□□□□: 14(of 39)

Senioren 2 (TM 45)

□□□□□□□: 1:07:30

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	12:14	2.45	26	3:35	163	5:11	0.50	12:14	2.45	1	-	232	2:36
Wechsel S->R	-	2:20	-	13	0:44	81	1:12	0.50	14:34	2.06	1	-	10	2:42
Schwimmen □□□	0.50	14:34	2.06	1	-	10	2:42	0.50	14:34	2.06	1	-	10	2:42
ZZ Rad	5.75	7:47	44.33	12	0:30	68	1:21	6.25	22:21	16.78	1	-	232	3:07
ZZ Rad	4.25	11:13	22.73	18	1:19	106	1:58	10.50	33:34	18.77	1	-	14	4:15
ZZ Rad	4.25	11:10	22.84	21	1:16	111	1:51	14.75	44:44	19.78	1	-	227	5:24
Rad Ziel	5.75	8:53	38.84	19	1:08	114	4:16	20.50	53:37	22.94	1	-	232	6:29
Rad □	20.00	39:03	30.73	16	4:11	106	20:54	20.50	53:37	22.94	1	-	232	6:29
Wechsel R->L	-	1:10	-	20	0:39	134	0:41	20.50	54:47	22.45	1	-	229	6:43
Rad □□□	20.00	40:13	29.84	16	4:34	104	20:01	20.50	54:47	22.45	1	-	229	6:43
ZZ Lauf	2.50	10:14	14.66	7	0:57	36	2:15	23.00	1:05:01	21.23	1	-	228	8:06
Lauf Ziel	2.50	10:57	13.70	10	1:27	49	2:24	25.50	1:15:58	20.14	14	8:28	78	17:57
Lauf □□□	5.00	21:11	14.16	9	2:24	42	4:32	25.50	1:15:58	20.14	14	8:28	78	17:57