



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Wehowsky, Markus

000: 1:21:02

00: 250

00: 25.50 km

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

00000/000: 155 (of 313)

00000/0: 135 (of 231)

000000: 58:01

0000:

00000: 27(of 38)

Senioren 1 (TM 40)

0000000: 1:05:31

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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	12:51	2.33	33	5:33	184	5:48	0.50	12:51	2.33	39	3:50	232	3:13
Wechsel S->R	-	2:37	-	24	0:54	116	1:29	0.50	15:28	1.94	39	4:37	232	3:36
Schwimmen 000	0.50	15:28	1.94	39	4:37	232	3:36	0.50	15:28	1.94	39	4:37	232	3:36
ZZ Rad	5.75	7:57	43.40	12	1:13	84	1:31	6.25	23:25	16.01	39	5:09	232	4:11
ZZ Rad	4.25	11:27	22.27	25	1:52	136	2:12	10.50	34:52	18.07	39	6:47	227	5:33
ZZ Rad	4.25	11:28	22.24	23	1:58	130	2:09	14.75	46:20	19.10	39	8:27	227	7:00
Rad Ziel	5.75	8:44	39.50	16	1:25	98	4:07	20.50	55:04	22.34	39	9:15	232	7:56
Rad 0	20.00	39:36	30.30	20	6:16	120	21:27	20.50	55:04	22.34	39	9:15	232	7:56
Wechsel R->L	-	0:34	-	2	0:05	4	0:05	20.50	55:38	22.11	39	9:03	229	7:34
Rad 000	20.00	40:10	29.88	18	6:07	102	19:58	20.50	55:38	22.11	39	9:03	229	7:34
ZZ Lauf	2.50	12:26	12.06	23	2:52	139	4:27	23.00	1:08:04	20.27	39	11:54	228	11:09
Lauf Ziel	2.50	12:58	11.57	24	3:15	142	4:25	25.50	1:21:02	18.88	27	15:31	135	23:01
Lauf 000	5.00	25:24	11.81	23	6:07	141	8:45	25.50	1:21:02	18.88	27	15:31	135	23:01