



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Bensching, Stefan

000: 1:21:05

00: 272

00: 25.50 km

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

00000/000: 156 (of 313)

00000/0: 136 (of 231)

000000: 58:01

0000:

00000: 24(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 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	12:12	2.46	25	3:33	161	5:09	0.50	12:12	2.46	12		232	2:34
Wechsel S->R	-	2:45	-	22	1:09	122	1:37	0.50	14:57	2.01	12	0:23	232	3:05
Schwimmen 000	0.50	14:57	2.01	12	0:23	232	3:05	0.50	14:57	2.01	12	0:23	232	3:05
ZZ Rad	5.75	8:11	42.16	20	0:54	124	1:45	6.25	23:08	16.21	12	0:47	232	3:54
ZZ Rad	4.25	11:14	22.70	22	1:20	111	1:59	10.50	34:22	18.33	12	0:48	227	5:03
ZZ Rad	4.25	11:20	22.50	23	1:26	123	2:01	14.75	45:42	19.37	12	0:58	227	6:22
Rad Ziel	5.75	8:48	39.20	16	1:03	106	4:11	20.50	54:30	22.57	12	0:53	232	7:22
Rad 0	20.00	39:33	30.34	19	4:41	119	21:24	20.50	54:30	22.57	12	0:53	232	7:22
Wechsel R->L	-	1:15	-	22	0:44	147	0:46	20.50	55:45	22.06	12	0:58	33	7:41
Rad 000	20.00	40:48	29.41	21	5:09	122	20:36	20.50	55:45	22.06	12	0:58	33	7:41
ZZ Lauf	2.50	12:31	11.98	29	3:14	142	4:32	23.00	1:08:16	20.21	12	3:15	228	11:21
Lauf Ziel	2.50	12:49	11.70	28	3:19	136	4:16	25.50	1:21:05	18.87	24	13:35	136	23:04
Lauf 000	5.00	25:20	11.84	28	6:33	137	8:41	25.50	1:21:05	18.87	24	13:35	136	23:04