



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Niegel, Jörg

000: 1:21:28

00: Team Erdinger Alkoholfrei

00: 259

00: 25.50 km

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

00000/000: 158 (of 313)

00000/0: 137 (of 231)

000000: 58:01

0000:

00000: 25(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 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	9:58	3.01	6	1:19	56	2:55	0.50	9:58	3.01	13			232	0:20
Wechsel S->R	-	2:02	-	4	0:26	44	0:54	0.50	12:00	2.50	13			232	0:08
Schwimmen 000	0.50	12:00	2.50	13		232	0:08	0.50	12:00	2.50	13			232	0:08
ZZ Rad	5.75	16:18	21.17	39	9:01	231	9:52	6.25	28:18	13.25	13	5:57		232	9:04
ZZ Rad	4.25	10:15	24.88	6	0:21	34	1:00	10.50	38:33	16.34	13	4:59		227	9:14
ZZ Rad	4.25	10:16	24.84	5	0:22	32	0:57	14.75	48:49	18.13	13	4:05		227	9:29
Rad Ziel	5.75	8:07	42.51	5	0:22	37	3:30	20.50	56:56	21.60	13	3:19		232	9:48
Rad 0	20.00	44:56	26.71	35	10:04	203	26:47	20.50	56:56	21.60	13	3:19		232	9:48
Wechsel R->L	-	1:08	-	18	0:37	124	0:39	20.50	58:04	21.18	13	3:17		229	10:00
Rad 000	20.00	46:04	26.05	34	10:25	198	25:52	20.50	58:04	21.18	13	3:17		229	10:00
ZZ Lauf	2.50	11:12	13.39	17	1:55	79	3:13	23.00	1:09:16	19.92	13	4:15		228	12:21
Lauf Ziel	2.50	12:12	12.30	20	2:42	105	3:39	25.50	1:21:28	18.78	25	13:58		137	23:27
Lauf 000	5.00	23:24	12.82	19	4:37	89	6:45	25.50	1:21:28	18.78	25	13:58		137	23:27