



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Smejkal, Emil

000: 1:20:44

00: 27

00: 25.50 km

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

00000/000: 150 (of 313)

00000/0: 131 (of 231)

000000: 58:01

0000:

Senioren 6 (TM 65)

00000: 1(of 5)

0000000: 1:20:44

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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	13:24	2.24	3	2:12	195	6:21	0.50	13:24	2.24	1	-	23	3:46
Wechsel S->R	-	2:53	-	2	0:12	127	1:45	0.50	16:17	1.84	1	-	23	4:25
Schwimmen 000	0.50	16:17	1.84	1	-	23	4:25	0.50	16:17	1.84	1	-	23	4:25
ZZ Rad	5.75	7:43	44.71	1	-	58	1:17	6.25	24:00	15.63	1	-	23	4:46
ZZ Rad	4.25	10:41	23.87	1	-	59	1:26	10.50	34:41	18.16	1	-	23	5:22
ZZ Rad	4.25	10:53	23.43	1	-	82	1:34	14.75	45:34	19.42	1	-	23	6:14
Rad Ziel	5.75	8:40	39.81	1	-	90	4:03	20.50	54:14	22.68	1	-	23	7:06
Rad 0	20.00	37:57	31.62	1	-	71	19:48	20.50	54:14	22.68	1	-	23	7:06
Wechsel R->L	-	1:34	-	2	0:25	187	1:05	20.50	55:48	22.04	1	-	23	7:44
Rad 000	20.00	39:31	30.37	1	-	85	19:19	20.50	55:48	22.04	1	-	23	7:44
ZZ Lauf	2.50	12:20	12.16	2	0:03	134	4:21	23.00	1:08:08	20.25	1	-	23	11:13
Lauf Ziel	2.50	12:36	11.90	1	-	128	4:03	25.50	1:20:44	18.95	1	-	131	22:43
Lauf 000	5.00	24:56	12.03	1	-	129	8:17	25.50	1:20:44	18.95	1	-	131	22:43