



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Ott, Manuel

□□□: 1:25:49

□□: 252

□□: 25.50 km

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

□□□□□/□□□: 203 (of 313)

□□□□□/□: 170 (of 231)

□□□□□□: 58:01

□□□□:

männliche AK 2 (TM 25)

□□□□□: 10(of 15)

□□□□□□□: 1:06:58

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	km		km/h	-	-			km		km/h	-	-			
Schwimmen nett	0.50	11:56	2.51	12	3:09	150	4:53	0.50	11:56	2.51	16	1:28	232	2:18	
Wechsel S->R	-	3:25	-	11	1:56	166	2:17	0.50	15:21	1.95	16	0:17	232	3:29	
Schwimmen	0.50	15:21	1.95	16	0:17	232	3:29	0.50	15:21	1.95	16	0:17	232	3:29	
ZZ Rad	5.75	9:05	37.98	11	2:02	196	2:39	6.25	24:26	15.35	16	0:15	232	5:12	
ZZ Rad	4.25	13:20	19.13	12	3:34	210	4:05	10.50	37:46	16.68	16	0:55	227	8:27	
ZZ Rad	4.25	13:10	19.37	12	3:39	210	3:51	14.75	50:56	17.38	16	1:23	227	11:36	
Rad Ziel	5.75	10:14	33.71	13	2:39	203	5:37	20.50	1:01:10	20.11	16	1:37	232	14:02	
Rad	20.00	45:49	26.19	12	11:33	210	27:40	20.50	1:01:10	20.11	16	1:37	232	14:02	
Wechsel R->L	-	0:48	-	5	0:12	41	0:19	20.50	1:01:58	19.85	16	1:05	29	13:54	
Rad	20.00	46:37	25.74	12	11:23	205	26:25	20.50	1:01:58	19.85	16	1:05	29	13:54	
ZZ Lauf	2.50	11:44	12.78	6	2:39	104	3:45	23.00	1:13:42	18.72	16	0:11	228	16:47	
Lauf Ziel	2.50	12:07	12.38	6	2:50	100	3:34	25.50	1:25:49	17.83	10	18:51	170	27:48	
Lauf	5.00	23:51	12.58	6	5:29	105	7:12	25.50	1:25:49	17.83	10	18:51	170	27:48	