



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Toth, Christofer

000: 1:06:58

00: Body Attack

00: 303

00: 25.50 km

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

0000:

männliche AK 2 (TM 25)

00000/000: 16 (of 313)

00000/0: 15 (of 231)

000000: 58:01

00000: 1(of 15)

0000000: 1:06:58

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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	8:47	3.42	1	-	19	1:44	0.50	8:47	3.42	16			232	
Wechsel S->R	-	2:20	-	4	0:51	81	1:12	0.50	11:07	2.70	16			232	
Schwimmen 000	0.50	11:07	2.70	16		232		0.50	11:07	2.70	16			232	
ZZ Rad	5.75	7:24	46.62	3	0:21	30	0:58	6.25	18:31	20.25	16			232	
ZZ Rad	4.25	9:46	26.11	1	-	12	0:31	10.50	28:17	22.27	16			227	
ZZ Rad	4.25	9:31	26.80	1	-	7	0:12	14.75	37:48	23.41	16			227	
Rad Ziel	5.75	7:35	45.49	1	-	10	2:58	20.50	45:23	27.10	16			232	
Rad 0	20.00	34:16	35.02	1	-	17	16:07	20.50	45:23	27.10	16			232	
Wechsel R->L	-	0:58	-	7	0:22	85	0:29	20.50	46:21	26.54	16			229	
Rad 000	20.00	35:14	34.06	1	-	14	15:02	20.50	46:21	26.54	16			229	
ZZ Lauf	2.50	10:06	14.85	3	1:01	31	2:07	23.00	56:27	24.45	16			228	
Lauf Ziel	2.50	10:31	14.26	3	1:14	30	1:58	25.50	1:06:58	22.85	1	-	15	8:57	
Lauf 000	5.00	20:37	14.55	3	2:15	30	3:58	25.50	1:06:58	22.85	1	-	15	8:57	