



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Kiefer, Daniel

□□□: 1:26:52

□□: 243

□□: 25.50 km

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

□□□□□/□□□: 209 (of 313)

□□□□□/□: 174 (of 231)

□□□□□□: 58:01

□□□□:

männliche AK 2 (TM 25)

□□□□□: 12(of 15)

□□□□□□□: 1:06:58

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	km	min	km/h	-	-	min	min	km	min	km/h	-	-	min	min
Schwimmen nett	0.50	12:27	2.41	14	3:40	169	5:24	0.50	12:27	2.41	16	1:59	232	2:49
Wechsel S->R	-	3:32	-	12	2:03	175	2:24	0.50	15:59	1.88	16	0:55	232	4:07
Schwimmen 1000	0.50	15:59	1.88	16	0:55	232	4:07	0.50	15:59	1.88	16	0:55	232	4:07
ZZ Rad	5.75	8:52	38.91	9	1:49	187	2:26	6.25	24:51	15.09	16	0:40	232	5:37
ZZ Rad	4.25	12:47	19.95	11	3:01	198	3:32	10.50	37:38	16.74	16	0:47	227	8:19
ZZ Rad	4.25	12:32	20.35	10	3:01	187	3:13	14.75	50:10	17.64	16	0:37	227	10:50
Rad Ziel	5.75	9:50	35.08	10	2:15	183	5:13	20.50	1:00:00	20.50	16	0:27	232	12:52
Rad 1000	20.00	44:01	27.26	10	9:45	194	25:52	20.50	1:00:00	20.50	16	0:27	232	12:52
Wechsel R->L	-	0:47	-	4	0:11	39	0:18	20.50	1:00:47	20.24	16		229	12:43
Rad 1000	20.00	44:48	26.79	10	9:34	188	24:36	20.50	1:00:47	20.24	16		229	12:43
ZZ Lauf	2.50	12:24	12.10	8	3:19	137	4:25	23.00	1:13:11	18.86	16		228	16:16
Lauf Ziel	2.50	13:41	10.96	12	4:24	166	5:08	25.50	1:26:52	17.61	12	19:54	174	28:51
Lauf 1000	5.00	26:05	11.50	10	7:43	151	9:26	25.50	1:26:52	17.61	12	19:54	174	28:51