



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Hennemann, Lukas

000: 1:08:13

00: 299

00: 25.50 km

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

00000/000: 22 (of 313)

00000/0: 20 (of 231)

000000: 58:01

0000:

männliche Jugend A (TM 16/17)

00000: 1(of 2)

0000000: 1:08:13

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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	7:42	3.90	1	-	3	0:39	0.50	7:42	3.90	1	-	-	232	
Wechsel S->R	-	2:45	-	2	1:25	122	1:37	0.50	10:27	2.87	1	-	-	12	
Schwimmen 000	0.50	10:27	2.87	1	-	12		0.50	10:27	2.87	1	-	-	12	
ZZ Rad	5.75	7:40	45.00	2	0:25	51	1:14	6.25	18:07	20.70	1	-	-	232	
ZZ Rad	4.25	10:51	23.50	2	0:38	71	1:36	10.50	28:58	21.75	1	-	-	227	
ZZ Rad	4.25	10:43	23.79	2	0:23	66	1:24	14.75	39:41	22.30	1	-	-	227	0:21
Rad Ziel	5.75	4:37	74.73	1	-	1	-	20.50	44:18	27.77	1	-	-	232	
Rad 0	20.00	33:51	35.45	1	-	13	15:42	20.50	44:18	27.77	1	-	-	232	
Wechsel R->L	-	2:16	-	2	1:37	223	1:47	20.50	46:34	26.41	1	-	-	229	
Rad 000	20.00	36:07	33.23	2	0:04	24	15:55	20.50	46:34	26.41	1	-	-	229	
ZZ Lauf	2.50	11:33	12.99	1	-	94	3:34	23.00	58:07	23.75	1	-	-	228	1:12
Lauf Ziel	2.50	10:06	14.85	1	-	19	1:33	25.50	1:08:13	22.43	1	-	-	20	10:12
Lauf 000	5.00	21:39	13.86	1	-	48	5:00	25.50	1:08:13	22.43	1	-	-	20	10:12