



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Metzler, Horst

000: 1:55:29

00: LSP Leutershausen

00: 210

00: 25.50 km

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

00000/000: 305 (of 313)

00000/0: 224 (of 231)

000000: 58:01

0000:

00000: 4(of 4)

Senioren 7 (TM 70)

0000000: 1:19:21

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0000

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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	19:44	1.52	4	7:46	230	12:41	0.50	19:44	1.52	5	0:01	232	10:06
Wechsel S->R	-	7:28	-	4	5:05	230	6:20	0.50	27:12	1.10	5	2:24	232	15:20
Schwimmen 000	0.50	27:12	1.10	5	2:24	232	15:20	0.50	27:12	1.10	5	2:24	232	15:20
ZZ Rad	5.75	10:14	33.71	4	2:23	225	3:48	6.25	37:26	10.02	5	2:34	232	18:12
ZZ Rad	4.25	14:50	17.19	4	3:41	223	5:35	10.50	52:16	12.05	5	3:46	227	22:57
ZZ Rad	4.25	15:09	16.83	4	4:09	223	5:50	14.75	1:07:25	13.13	5	5:06	227	28:05
Rad Ziel	5.75	12:09	28.40	4	3:20	227	7:32	20.50	1:19:34	15.46	5	6:33	232	32:26
Rad 0	20.00	52:22	22.92	4	13:33	227	34:13	20.50	1:19:34	15.46	5	6:33	232	32:26
Wechsel R->L	-	1:23	-	3	0:47	174	0:54	20.50	1:20:57	15.19	5	6:00	229	32:53
Rad 000	20.00	53:45	22.33	4	13:34	226	33:33	20.50	1:20:57	15.19	5	6:00	229	32:53
ZZ Lauf	2.50	16:55	8.87	3	5:20	222	8:56	23.00	1:37:52	14.10	5	5:47	228	40:57
Lauf Ziel	2.50	17:37	8.51	3	4:23	218	9:04	25.50	1:55:29	13.25	4	36:08	224	57:28
Lauf 000	5.00	34:32	8.69	3	9:43	220	17:53	25.50	1:55:29	13.25	4	36:08	224	57:28