



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Keilmann, Christian

000: 1:22:30

00: DLRG Lorsch e.V.

00: 2

00: 25.50 km

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

00000/000: 169 (of 313)

00000/0: 146 (of 231)

000000: 58:01

0000:

00000: 31(of 38)

Senioren 1 (TM 40)

0000000: 1:05:31

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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	10:26	2.88	19	3:08	87	3:23	0.50	10:26	2.88	39	1:25	26	0:48
Wechsel S->R	-	3:15	-	29	1:32	152	2:07	0.50	13:41	2.19	39	2:50	26	1:49
Schwimmen 000	0.50	13:41	2.19	39	2:50	26	1:49	0.50	13:41	2.19	39	2:50	26	1:49
ZZ Rad	5.75	8:35	40.19	32	1:51	169	2:09	6.25	22:16	16.84	39	4:00	26	3:02
ZZ Rad	4.25	11:54	21.43	31	2:19	168	2:39	10.50	34:10	18.44	39	6:05	26	4:51
ZZ Rad	4.25	11:51	21.52	31	2:21	164	2:32	14.75	46:01	19.23	39	8:08	26	6:41
Rad Ziel	5.75	9:12	37.50	28	1:53	145	4:35	20.50	55:13	22.28	39	9:24	26	8:05
Rad 0	20.00	41:32	28.89	31	8:12	165	23:23	20.50	55:13	22.28	39	9:24	26	8:05
Wechsel R->L	-	0:59	-	20	0:30	90	0:30	20.50	56:12	21.89	39	9:37	26	8:08
Rad 000	20.00	42:31	28.22	30	8:28	160	22:19	20.50	56:12	21.89	39	9:37	26	8:08
ZZ Lauf	2.50	12:44	11.78	27	3:10	154	4:45	23.00	1:08:56	20.02	39	12:46	26	12:01
Lauf Ziel	2.50	13:34	11.06	32	3:51	161	5:01	25.50	1:22:30	18.55	31	16:59	145	24:29
Lauf 000	5.00	26:18	11.41	30	7:01	158	9:39	25.50	1:22:30	18.55	31	16:59	145	24:29