



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Burk, Jürgen

000: 1:16:49

00: Stickcity Runners

00: 316

00: 25.50 km

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

00000/000: 99 (of 313)

00000/0: 88 (of 231)

000000: 58:01

0000:

00000: 11(of 33)

Senioren 3 (TM 50)

0000000: 1:04:59

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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	10:24	2.88	10	2:27	81	3:21	0.50	10:24	2.88	9		3	0:46
Wechsel S->R	-	3:28	-	23	2:00	168	2:20	0.50	13:52	2.16	34	0:18	232	2:00
Schwimmen 000	0.50	13:52	2.16	34	0:18	232	2:00	0.50	13:52	2.16	34	0:18	232	2:00
ZZ Rad	5.75	7:48	44.23	13	0:48	69	1:22	6.25	21:40	17.31	34		232	2:26
ZZ Rad	4.25	10:57	23.29	15	1:25	87	1:42	10.50	32:37	19.32	33		227	3:18
ZZ Rad	4.25	10:50	23.54	13	1:28	76	1:31	14.75	43:27	20.37	33		227	4:07
Rad Ziel	5.75	8:25	40.99	12	1:01	70	3:48	20.50	51:52	23.71	34		232	4:44
Rad 0	20.00	38:00	31.58	14	19:19	74	19:51	20.50	51:52	23.71	34		232	4:44
Wechsel R->L	-	1:27	-	22	0:53	180	0:58	20.50	53:19	23.07	33		229	5:15
Rad 000	20.00	39:27	30.42	13	5:20	84	19:15	20.50	53:19	23.07	33		229	5:15
ZZ Lauf	2.50	11:31	13.02	14	1:37	93	3:32	23.00	1:04:50	21.29	33		228	7:55
Lauf Ziel	2.50	11:59	12.52	11	1:44	94	3:26	25.50	1:16:49	19.92	11	11:50	88	18:48
Lauf 000	5.00	23:30	12.77	12	3:05	93	6:51	25.50	1:16:49	19.92	11	11:50	88	18:48