



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Dauz, Renier

000: 1:37:37

00: 263

00: 25.50 km

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

00000/000: 281 (of 313)

00000/0: 211 (of 231)

000000: 58:01

0000:

00000: 31(of 33)

Senioren 3 (TM 50)

0000000: 1:04:59

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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	13:40	2.20	29	5:43	200	6:37	0.50	13:40	2.20	34	3:02	232	4:02
Wechsel S->R	-	6:16	-	32	4:48	229	5:08	0.50	19:56	1.51	34	6:22	232	8:04
Schwimmen 000	0.50	19:56	1.51	34	6:22	232	8:04	0.50	19:56	1.51	34	6:22	232	8:04
ZZ Rad	5.75	9:56	34.73	33	2:56	221	3:30	6.25	29:52	12.56	34	7:13	232	10:38
ZZ Rad	4.25	13:55	18.32	32	4:23	217	4:40	10.50	43:47	14.39	33	3:29	227	14:28
ZZ Rad	4.25	13:44	18.57	31	4:22	216	4:25	14.75	57:31	15.39	33	4:34	227	18:11
Rad Ziel	5.75	10:35	32.60	31	3:11	214	5:58	20.50	1:08:06	18.06	34	10:56	232	20:58
Rad 0	20.00	48:10	24.91	33	29:29	220	30:01	20.50	1:08:06	18.06	34	10:56	232	20:58
Wechsel R->L	-	1:39	-	25	1:05	193	1:10	20.50	1:09:45	17.63	33	5:25	229	21:41
Rad 000	20.00	49:49	24.09	31	15:42	218	29:37	20.50	1:09:45	17.63	33	5:25	229	21:41
ZZ Lauf	2.50	13:18	11.28	22	3:24	166	5:19	23.00	1:23:03	16.62	33	4:18	228	26:08
Lauf Ziel	2.50	14:34	10.30	25	4:19	184	6:01	25.50	1:37:37	15.67	31	32:38	211	39:36
Lauf 000	5.00	27:52	10.77	24	7:27	175	11:13	25.50	1:37:37	15.67	31	32:38	211	39:36