



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Finn, Michael

000: 1:37:38

00: 244

00: 25.50 km

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

00000/000: 282 (of 313)

00000/0: 212 (of 231)

000000: 58:01

0000:

00000: 38(of 38)

Senioren 1 (TM 40)

0000000: 1:05:31

0000

0000

000

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	16:11	1.85	38	8:53	222	9:08	0.50	16:11	1.85	39	7:10	232	6:33	
Wechsel S->R	-	4:46	-	37	3:03	217	3:38	0.50	20:57	1.43	39	10:06	232	9:05	
Schwimmen 000	0.50	20:57	1.43	39	10:06	232	9:05	0.50	20:57	1.43	39	10:06	232	9:05	
ZZ Rad	5.75	8:33	40.35	30	1:49	163	2:07	6.25	29:30	12.71	39	11:14	232	10:16	
ZZ Rad	4.25	13:25	19.01	37	3:50	214	4:10	10.50	42:55	14.68	39	14:50	227	13:36	
ZZ Rad	4.25	13:04	19.52	36	3:34	208	3:45	14.75	55:59	15.81	39	18:06	227	16:39	
Rad Ziel	5.75	11:39	29.61	38	4:20	224	7:02	20.50	1:07:38	18.19	39	21:49	232	20:30	
Rad 0	20.00	46:41	25.71	37	13:21	215	28:32	20.50	1:07:38	18.19	39	21:49	232	20:30	
Wechsel R->L	-	1:03	-	22	0:34	101	0:34	20.50	1:08:41	17.91	39	22:06	229	20:37	
Rad 000	20.00	47:44	25.14	37	13:41	210	27:32	20.50	1:08:41	17.91	39	22:06	229	20:37	
ZZ Lauf	2.50	14:52	10.09	38	5:18	203	6:53	23.00	1:23:33	16.52	39	27:23	228	26:38	
Lauf Ziel	2.50	14:05	10.65	36	4:22	173	5:32	25.50	1:37:38	15.67	38	32:07	212	39:37	
Lauf 000	5.00	28:57	10.36	38	9:40	188	12:18	25.50	1:37:38	15.67	38	32:07	212	39:37	