



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Dietrich, Alexander

000: 1:22:30

00: DLRG Lorsch e.V.

00: 7

00: 25.50 km

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

00000/000: 170 (of 313)

00000/0: 145 (of 231)

000000: 58:01

0000:

00000: 26(of 39)

Senioren 2 (TM 45)

0000000: 1:07:30

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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	8:59	3.34	2	0:20	23	1:56	0.50	8:59	3.34	40		27	
Wechsel S->R	-	3:10	-	24	1:34	146	2:02	0.50	12:09	2.47	40		27	0:17
Schwimmen 000	0.50	12:09	2.47	40		27	0:17	0.50	12:09	2.47	40		27	0:17
ZZ Rad	5.75	8:14	41.90	21	0:57	131	1:48	6.25	20:23	18.40	40		27	1:09
ZZ Rad	4.25	11:10	22.84	17	1:16	104	1:55	10.50	31:33	19.97	39		27	2:14
ZZ Rad	4.25	11:09	22.87	20	1:15	109	1:50	14.75	42:42	20.73	39		27	3:22
Rad Ziel	5.75	8:45	39.43	15	1:00	100	4:08	20.50	51:27	23.91	40		27	4:19
Rad 0	20.00	39:18	30.53	18	4:26	115	21:09	20.50	51:27	23.91	40		27	4:19
Wechsel R->L	-	1:34	-	30	1:03	187	1:05	20.50	53:01	23.20	39		27	4:57
Rad 000	20.00	40:52	29.36	22	5:13	125	20:40	20.50	53:01	23.20	39		27	4:57
ZZ Lauf	2.50	15:12	9.87	33	5:55	208	7:13	23.00	1:08:13	20.23	39	3:12	27	11:18
Lauf Ziel	2.50	14:17	10.50	32	4:47	179	5:44	25.50	1:22:30	18.55	26	15:00	145	24:29
Lauf 000	5.00	29:29	10.18	32	10:42	191	12:50	25.50	1:22:30	18.55	26	15:00	145	24:29