



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Gruß, Thomas

000: 1:22:40

00: 332

00: 25.50 km

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

00000/000: 173 (of 313)

00000/0: 149 (of 231)

000000: 58:01

0000:

00000: 20(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	11:36	2.59	21	3:39	136	4:33	0.50	11:36	2.59	34	0:58	232	1:58
Wechsel S->R	-	3:43	-	27	2:15	187	2:35	0.50	15:19	1.96	34	1:45	232	3:27
Schwimmen 000	0.50	15:19	1.96	34	1:45	232	3:27	0.50	15:19	1.96	34	1:45	232	3:27
ZZ Rad	5.75	7:44	44.61	10	0:44	60	1:18	6.25	23:03	16.27	34	0:24	232	3:49
ZZ Rad	4.25	11:05	23.01	17	1:33	96	1:50	10.50	34:08	18.46	33		227	4:49
ZZ Rad	4.25	10:54	23.39	15	1:32	86	1:35	14.75	45:02	19.65	33		227	5:42
Rad Ziel	5.75	8:47	39.28	17	1:23	104	4:10	20.50	53:49	22.86	34		232	6:41
Rad 0	20.00	38:30	31.17	16	19:49	90	20:21	20.50	53:49	22.86	34		232	6:41
Wechsel R->L	-	1:22	-	20	0:48	169	0:53	20.50	55:11	22.29	33		229	7:07
Rad 000	20.00	39:52	30.10	15	5:45	93	19:40	20.50	55:11	22.29	33		229	7:07
ZZ Lauf	2.50	13:37	11.02	25	3:43	180	5:38	23.00	1:08:48	20.06	33		228	11:53
Lauf Ziel	2.50	13:52	10.82	22	3:37	169	5:19	25.50	1:22:40	18.51	19	17:41	148	24:39
Lauf 000	5.00	27:29	10.92	23	7:04	171	10:50	25.50	1:22:40	18.51	19	17:41	148	24:39