



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Bergmann, Reiner

000: 1:07:30

00: LAZ Mosbach Triathlon

00: 399

00: 25.50 km

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

00000/000: 19 (of 313)

00000/0: 18 (of 231)

000000: 58:01

0000:

00000: 1(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	10:07	2.97	9	1:28	66	3:04	0.50	10:07	2.97	40		232	0:29
Wechsel S->R	-	2:08	-	7	0:32	56	1:00	0.50	12:15	2.45	40		22	0:23
Schwimmen 000	0.50	12:15	2.45	40		22	0:23	0.50	12:15	2.45	40		22	0:23
ZZ Rad	5.75	7:17	47.37	1	-	23	0:51	6.25	19:32	19.20	40		232	0:18
ZZ Rad	4.25	9:56	25.67	2	0:02	18	0:41	10.50	29:28	21.38	39		227	0:09
ZZ Rad	4.25	9:54	25.76	1	-	17	0:35	14.75	39:22	22.48	39		227	0:02
Rad Ziel	5.75	7:45	44.52	1	-	17	3:08	20.50	47:07	26.11	40		232	
Rad 0	20.00	34:52	34.42	1	-	21	16:43	20.50	47:07	26.11	40		232	
Wechsel R->L	-	0:47	-	3	0:16	39	0:18	20.50	47:54	25.68	39		229	
Rad 000	20.00	35:39	33.66	1	-	17	15:27	20.50	47:54	25.68	39		229	
ZZ Lauf	2.50	9:35	15.65	3	0:18	16	1:36	23.00	57:29	24.01	39		228	0:34
Lauf Ziel	2.50	10:01	14.98	3	0:31	17	1:28	25.50	1:07:30	22.67	1	-	18	9:29
Lauf 000	5.00	19:36	15.31	3	0:49	16	2:57	25.50	1:07:30	22.67	1	-	18	9:29