



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Nissen, Jan

000: 1:09:58

00: 393

00: 25.50 km

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

00000/000: 33 (of 313)

00000/0: 31 (of 231)

000000: 58:01

0000:

männliche AK 4 (TM 35)

00000: 6(of 28)

0000000: 1:03:20

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0000

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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	8:56	3.36	4	0:46	21	1:53	0.50	8:56	3.36	29			232	
Wechsel S->R	-	2:07	-	11	0:35	53	0:59	0.50	11:03	2.71	29			232	
Schwimmen 000	0.50	11:03	2.71	29			232	0.50	11:03	2.71	29			232	
ZZ Rad	5.75	7:16	47.48	5	0:26	22	0:50	6.25	18:19	20.47	29			232	
ZZ Rad	4.25	10:18	24.76	7	0:49	36	1:03	10.50	28:37	22.02	27			227	
ZZ Rad	4.25	10:17	24.80	7	0:47	35	0:58	14.75	38:54	22.75	27			227	
Rad Ziel	5.75	8:01	43.04	7	0:36	31	3:24	20.50	46:55	26.22	29			232	
Rad 0	20.00	35:52	33.46	9	17:43	36	17:43	20.50	46:55	26.22	29			232	
Wechsel R->L	-	0:48	-	4	0:05	41	0:19	20.50	47:43	25.78	28			229	
Rad 000	20.00	36:40	32.73	8	16:28	32	16:28	20.50	47:43	25.78	28			229	
ZZ Lauf	2.50	10:41	14.04	9	1:50	55	2:42	23.00	58:24	23.63	27			228	1:29
Lauf Ziel	2.50	11:34	12.97	12	2:09	76	3:01	25.50	1:09:58	21.87	6	6:38	31	11:57	
Lauf 000	5.00	22:15	13.48	10	3:59	70	5:36	25.50	1:09:58	21.87	6	6:38	31	11:57	