



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Kieselbach, Udo

000: 1:12:16

00: LLG Wonnegau

00: 390

00: 25.50 km

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

00000/000: 51 (of 313)

00000/0: 48 (of 231)

000000: 58:01

0000:

00000: 3(of 21)

Senioren 4 (TM 55)

0000000: 1:09:46

0000

0000

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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	10:55	2.75	7	3:06	106	3:52	0.50	10:55	2.75	22		232	1:17
Wechsel S->R	-	2:15	-	4	0:28	70	1:07	0.50	13:10	2.28	22		232	1:18
Schwimmen 000	0.50	13:10	2.28	22		232	1:18	0.50	13:10	2.28	22		232	1:18
ZZ Rad	5.75	7:22	46.83	2	0:10	26	0:56	6.25	20:32	18.26	13		232	1:18
ZZ Rad	4.25	10:05	25.29	1	-	25	0:50	10.50	30:37	20.58	22		227	1:18
ZZ Rad	4.25	10:05	25.29	1	-	26	0:46	14.75	40:42	21.74	22		227	1:22
Rad Ziel	5.75	8:11	42.16	3	0:10	46	3:34	20.50	48:53	25.16	22		232	1:45
Rad 0	20.00	35:43	33.60	2	0:05	35	17:34	20.50	48:53	25.16	22		232	1:45
Wechsel R->L	-	1:05	-	9	0:25	107	0:36	20.50	49:58	24.62	22		229	1:54
Rad 000	20.00	36:48	32.61	1	-	33	16:36	20.50	49:58	24.62	22		229	1:54
ZZ Lauf	2.50	10:52	13.80	4	0:52	68	2:53	23.00	1:00:50	22.68	22		228	3:55
Lauf Ziel	2.50	11:26	13.12	4	0:47	68	2:53	25.50	1:12:16	21.17	3	2:30	48	14:15
Lauf 000	5.00	22:18	13.45	4	1:24	73	5:39	25.50	1:12:16	21.17	3	2:30	48	14:15