



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Lauer, Bernhard

000: 1:13:13

00: Tschu Tschu

00: 397

00: 25.50 km

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

00000/000: 57 (of 313)

00000/0: 54 (of 231)

000000: 58:01

0000:

00000: 10(of 38)

Senioren 1 (TM 40)

0000000: 1:05:31

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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	13:22	2.24	34	6:04	194	6:19	0.50	13:22	2.24	39	4:21	232	3:44
Wechsel S->R	-	2:49	-	25	1:06	126	1:41	0.50	16:11	1.85	39	5:20	232	4:19
Schwimmen 000	0.50	16:11	1.85	39	5:20	232	4:19	0.50	16:11	1.85	39	5:20	232	4:19
ZZ Rad	5.75	7:09	48.25	3	0:25	13	0:43	6.25	23:20	16.07	39	5:04	232	4:06
ZZ Rad	4.25	9:35	26.61	1	-	6	0:20	10.50	32:55	19.14	39	4:50	227	3:36
ZZ Rad	4.25	9:35	26.61	2	0:05	11	0:16	14.75	42:30	20.82	39	4:37	227	3:10
Rad Ziel	5.75	7:40	45.00	3	0:21	15	3:03	20.50	50:10	24.52	39	4:21	9	3:02
Rad 0	20.00	33:59	35.31	3	0:39	15	15:50	20.50	50:10	24.52	39	4:21	9	3:02
Wechsel R->L	-	1:17	-	31	0:48	156	0:48	20.50	51:27	23.91	39	4:52	7	3:23
Rad 000	20.00	35:16	34.03	3	1:13	15	15:04	20.50	51:27	23.91	39	4:52	7	3:23
ZZ Lauf	2.50	10:36	14.15	10	1:02	51	2:37	23.00	1:02:03	22.24	39	5:53	228	5:08
Lauf Ziel	2.50	11:10	13.43	10	1:27	59	2:37	25.50	1:13:13	20.90	10	7:42	54	15:12
Lauf 000	5.00	21:46	13.78	9	2:29	53	5:07	25.50	1:13:13	20.90	10	7:42	54	15:12