



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Oelmez, Halil

000: 1:14:20

00: 396

00: 25.50 km

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

00000/000: 70 (of 313)

00000/0: 65 (of 231)

000000: 58:01

0000:

00000: 12(of 39)

Senioren 2 (TM 45)

0000000: 1:07:30

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Schwimmen nett	0.50	11:35	2.59	19	2:56	135	4:32	0.50	11:35	2.59	40		232	1:57
Wechsel S->R	-	3:12	-	26	1:36	149	2:04	0.50	14:47	2.03	40	0:13	232	2:55
Schwimmen 000	0.50	14:47	2.03	40	0:13	232	2:55	0.50	14:47	2.03	40	0:13	232	2:55
ZZ Rad	5.75	8:04	42.77	18	0:47	104	1:38	6.25	22:51	16.41	40	0:30	232	3:37
ZZ Rad	4.25	10:54	23.39	14	1:00	78	1:39	10.50	33:45	18.67	39	0:11	227	4:26
ZZ Rad	4.25	10:58	23.25	15	1:04	90	1:39	14.75	44:43	19.79	39		227	5:23
Rad Ziel	5.75	8:52	38.91	17	1:07	111	4:15	20.50	53:35	22.95	40		232	6:27
Rad 0	20.00	38:48	30.93	13	3:56	96	20:39	20.50	53:35	22.95	40		232	6:27
Wechsel R->L	-	0:54	-	8	0:23	73	0:25	20.50	54:29	22.58	39		229	6:25
Rad 000	20.00	39:42	30.23	13	4:03	90	19:30	20.50	54:29	22.58	39		229	6:25
ZZ Lauf	2.50	9:45	15.38	5	0:28	20	1:46	23.00	1:04:14	21.48	39		228	7:19
Lauf Ziel	2.50	10:06	14.85	4	0:36	19	1:33	25.50	1:14:20	20.58	12	6:50	65	16:19
Lauf 000	5.00	19:51	15.11	5	1:04	19	3:12	25.50	1:14:20	20.58	12	6:50	65	16:19