



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Beckmann, Dirk

000: 1:16:00

00: 392

00: 25.50 km

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

0000:

männliche AK 3 (TM 30)

00000/000: 87 (of 313)

00000/0: 79 (of 231)

000000: 58:01

00000: 9(of 20)

0000000: 1:00:52

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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	11:01	2.72	11	2:46	114	3:58	0.50	11:01	2.72	21		232	1:23
Wechsel S->R	-	2:24	-	8	0:49	94	1:16	0.50	13:25	2.24	21		232	1:33
Schwimmen 000	0.50	13:25	2.24	21		232	1:33	0.50	13:25	2.24	21		232	1:33
ZZ Rad	5.75	7:49	44.14	7	1:23	72	1:23	6.25	21:14	17.66	21		232	2:00
ZZ Rad	4.25	10:45	23.72	7	1:21	62	1:30	10.50	31:59	19.70	21		227	2:40
ZZ Rad	4.25	10:51	23.50	9	1:27	78	1:32	14.75	42:50	20.66	21		227	3:30
Rad Ziel	5.75	8:22	41.24	7	0:55	67	3:45	20.50	51:12	24.02	21		232	4:04
Rad 0	20.00	37:47	31.76	7	4:40	68	19:38	20.50	51:12	24.02	21		232	4:04
Wechsel R->L	-	1:08	-	16	0:33	124	0:39	20.50	52:20	23.50	21		229	4:16
Rad 000	20.00	38:55	30.84	8	5:11	71	18:43	20.50	52:20	23.50	21		229	4:16
ZZ Lauf	2.50	11:36	12.93	10	3:25	97	3:37	23.00	1:03:56	21.58	21		228	7:01
Lauf Ziel	2.50	12:04	12.43	12	3:31	97	3:31	25.50	1:16:00	20.13	9	15:08	79	17:59
Lauf 000	5.00	23:40	12.68	10	6:56	101	7:01	25.50	1:16:00	20.13	9	15:08	79	17:59