



11. Triathlon Lorsch

Lorsch / 10.08.2014

□□□□

Sauer, Mario

□□□: 1:17:46

□□: Harmonieyoga Lorsch

□□: 379

□□: 25.50 km

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

□□□□□/□□□: 113 (of 313)

□□□□□/□: 101 (of 231)

□□□□□□: 58:01

□□□□:

männliche AK 4 (TM 35)

□□□□□: 16(of 28)

□□□□□□□: 1:03:20

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:03	2.71	18	2:53	119	4:00	0.50	11:03	2.71	29	1:31	232	1:25
Wechsel S->R	-	3:29	-	22	1:57	171	2:21	0.50	14:32	2.06	29	2:57	232	2:40
Schwimmen □□□	0.50	14:32	2.06	29	2:57	232	2:40	0.50	14:32	2.06	29	2:57	232	2:40
ZZ Rad	5.75	8:18	41.57	21	1:28	143	1:52	6.25	22:50	16.42	29	3:18	232	3:36
ZZ Rad	4.25	11:38	21.92	21	2:09	149	2:23	10.50	34:28	18.28	27		227	5:09
ZZ Rad	4.25	11:29	22.21	20	1:59	133	2:10	14.75	45:57	19.26	27		227	6:37
Rad Ziel	5.75	8:52	38.91	16	1:27	111	4:15	20.50	54:49	22.44	29	4:53	232	7:41
Rad □	20.00	40:17	29.79	24	22:08	141	22:08	20.50	54:49	22.44	29	4:53	232	7:41
Wechsel R->L	-	1:06	-	16	0:23	116	0:37	20.50	55:55	22.00	28		229	7:51
Rad □□□	20.00	41:23	29.00	22	21:11	138	21:11	20.50	55:55	22.00	28		229	7:51
ZZ Lauf	2.50	11:01	13.62	10	2:10	71	3:02	23.00	1:06:56	20.62	27		228	10:01
Lauf Ziel	2.50	10:50	13.85	8	1:25	43	2:17	25.50	1:17:46	19.67	16	14:26	101	19:45
Lauf □□□	5.00	21:51	13.73	8	3:35	57	5:12	25.50	1:17:46	19.67	16	14:26	101	19:45