



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Drees, Karsten

000: 1:20:07

00: Schankanlagen-Service Drees

00: 387

00: 25.50 km

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

00000/000: 143 (of 313)

00000/0: 125 (of 231)

000000: 58:01

0000:

00000: 25(of 38)

Senioren 1 (TM 40)

0000000: 1:05:31

0000

0000

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000	000	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:58	2.74	22	3:40	111	3:55	0.50	10:58	2.74	39	1:57	232	1:20
Wechsel S->R	-	3:20	-	32	1:37	163	2:12	0.50	14:18	2.10	39	3:27	232	2:26
Schwimmen 000	0.50	14:18	2.10	39	3:27	232	2:26	0.50	14:18	2.10	39	3:27	232	2:26
ZZ Rad	5.75	8:33	40.35	30	1:49	163	2:07	6.25	22:51	16.41	39	4:35	232	3:37
ZZ Rad	4.25	11:59	21.28	32	2:24	173	2:44	10.50	34:50	18.09	39	6:45	227	5:31
ZZ Rad	4.25	12:27	20.48	33	2:57	184	3:08	14.75	47:17	18.72	39	9:24	227	7:57
Rad Ziel	5.75	9:44	35.45	33	2:25	179	5:07	20.50	57:01	21.57	39	11:12	232	9:53
Rad 0	20.00	42:43	28.09	32	9:23	177	24:34	20.50	57:01	21.57	39	11:12	232	9:53
Wechsel R->L	-	1:22	-	32	0:53	169	0:53	20.50	58:23	21.07	39	11:48	229	10:19
Rad 000	20.00	44:05	27.22	32	10:02	176	23:53	20.50	58:23	21.07	39	11:48	229	10:19
ZZ Lauf	2.50	10:20	14.52	6	0:46	41	2:21	23.00	1:08:43	20.08	39	12:33	228	11:48
Lauf Ziel	2.50	11:24	13.16	13	1:41	66	2:51	25.50	1:20:07	19.10	25	14:36	125	22:06
Lauf 000	5.00	21:44	13.80	8	2:27	52	5:05	25.50	1:20:07	19.10	25	14:36	125	22:06