



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Hugger, Günter

000: 1:34:17

00: 378

00: 25.50 km

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

00000/000: 264 (of 313)

00000/0: 201 (of 231)

000000: 58:01

0000:

00000: 18(of 21)

Senioren 4 (TM 55)

0000000: 1:09:46

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	12:10	2.47	13	4:21	159	5:07	0.50	12:10	2.47	22			232	2:32
Wechsel S->R	-	4:04	-	19	2:17	204	2:56	0.50	16:14	1.85	22	0:17		232	4:22
Schwimmen 000	0.50	16:14	1.85	22	0:17	232	4:22	0.50	16:14	1.85	22	0:17		232	4:22
ZZ Rad	5.75	9:38	35.81	19	2:26	215	3:12	6.25	25:52	14.50	22	2:09		232	6:38
ZZ Rad	4.25	13:15	19.25	19	3:10	209	4:00	10.50	39:07	16.11	22	4:24		227	9:48
ZZ Rad	4.25	13:25	19.01	19	3:20	213	4:06	14.75	52:32	16.85	22	6:30		227	13:12
Rad Ziel	5.75	10:26	33.07	19	2:25	208	5:49	20.50	1:02:58	19.53	22	7:57		232	15:50
Rad 0	20.00	46:44	25.68	19	11:06	216	28:35	20.50	1:02:58	19.53	22	7:57		232	15:50
Wechsel R->L	-	1:25	-	17	0:45	177	0:56	20.50	1:04:23	19.10	22	7:55		229	16:19
Rad 000	20.00	48:09	24.92	19	11:21	212	27:57	20.50	1:04:23	19.10	22	7:55		229	16:19
ZZ Lauf	2.50	14:18	10.49	13	4:18	192	6:19	23.00	1:18:41	17.54	22	10:35		228	21:46
Lauf Ziel	2.50	15:36	9.62	15	4:57	201	7:03	25.50	1:34:17	16.23	18	24:31		200	36:16
Lauf 000	5.00	29:54	10.03	13	9:00	196	13:15	25.50	1:34:17	16.23	18	24:31		200	36:16