



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Böhm, Michael

000: 1:27:01

00: 25

00: 25.50 km

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

00000/000: 211 (of 313)

00000/0: 176 (of 231)

000000: 58:01

0000:

00000: 25(of 33)

Senioren 3 (TM 50)

0000000: 1:04:59

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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	10:31	2.85	13	2:34	92	3:28	0.50	10:31	2.85	34		31	0:53
Wechsel S->R	-	3:44	-	28	2:16	189	2:36	0.50	14:15	2.11	34	0:41	31	2:23
Schwimmen 000	0.50	14:15	2.11	34	0:41	31	2:23	0.50	14:15	2.11	34	0:41	31	2:23
ZZ Rad	5.75	8:46	39.35	28	1:46	184	2:20	6.25	23:01	16.29	34	0:22	31	3:47
ZZ Rad	4.25	12:33	20.32	30	3:01	189	3:18	10.50	35:34	17.71	33		31	6:15
ZZ Rad	4.25	12:33	20.32	28	3:11	190	3:14	14.75	48:07	18.39	33		31	8:47
Rad Ziel	5.75	9:48	35.20	27	2:24	182	5:11	20.50	57:55	21.24	34	0:45	31	10:47
Rad 0	20.00	43:40	27.48	29	24:59	190	25:31	20.50	57:55	21.24	34	0:45	31	10:47
Wechsel R->L	-	1:06	-	10	0:32	116	0:37	20.50	59:01	20.84	33		31	10:57
Rad 000	20.00	44:46	26.81	26	10:39	186	24:34	20.50	59:01	20.84	33		31	10:57
ZZ Lauf	2.50	13:55	10.78	27	4:01	186	5:56	23.00	1:12:56	18.92	33		31	16:01
Lauf Ziel	2.50	14:05	10.65	24	3:50	173	5:32	25.50	1:27:01	17.58	25	22:02	176	29:00
Lauf 000	5.00	28:00	10.71	25	7:35	180	11:21	25.50	1:27:01	17.58	25	22:02	176	29:00