



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Henninger, Rene

000: 1:26:38

00: 14

00: 25.50 km

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

0000:

männliche AK 4 (TM 35)

00000/000: 208 (of 313)

00000/0: 173 (of 231)

000000: 58:01

00000: 23(of 28)

0000000: 1:03:20

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:31	2.85	15	2:21	92	3:28	0.50	10:31	2.85	29	0:59	31	0:53
Wechsel S->R	-	5:18	-	28	3:46	223	4:10	0.50	15:49	1.90	29	4:14	34	3:57
Schwimmen 000	0.50	15:49	1.90	29	4:14	34	3:57	0.50	15:49	1.90	29	4:14	34	3:57
ZZ Rad	5.75	8:41	39.73	26	1:51	180	2:15	6.25	24:30	15.31	29	4:58	34	5:16
ZZ Rad	4.25	11:42	21.79	23	2:13	156	2:27	10.50	36:12	17.40	27		34	6:53
ZZ Rad	4.25	11:42	21.79	23	2:12	153	2:23	14.75	47:54	18.48	27		34	8:34
Rad Ziel	5.75	10:38	32.45	27	3:13	216	6:01	20.50	58:32	21.01	29	8:36	34	11:24
Rad 0	20.00	42:43	28.09	26	24:34	177	24:34	20.50	58:32	21.01	29	8:36	34	11:24
Wechsel R->L	-	1:26	-	22	0:43	178	0:57	20.50	59:58	20.51	28		34	11:54
Rad 000	20.00	44:09	27.18	25	23:57	177	23:57	20.50	59:58	20.51	28		34	11:54
ZZ Lauf	2.50	13:18	11.28	22	4:27	166	5:19	23.00	1:13:16	18.84	27		34	16:21
Lauf Ziel	2.50	13:22	11.22	22	3:57	154	4:49	25.50	1:26:38	17.66	23	23:18	173	28:37
Lauf 000	5.00	26:40	11.25	21	8:24	162	10:01	25.50	1:26:38	17.66	23	23:18	173	28:37