



11. Triathlon Lorsch

Lorsch / 10.08.2014

Moeller, Klaus-Ulrich

Moeller, Klaus-Ulrich

1:37:04

46

25.50 km

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

277 (of 313)

209 (of 231)

58:01

Senioren 5 (TM 60)

10(of 11)

1:13:27

Moeller, Klaus-Ulrich

Moeller, Klaus-Ulrich

Moeller, Klaus-Ulrich

Moeller, Klaus-Ulrich	km	Moeller, Klaus-Ulrich	km/h	-	-	Moeller, Klaus-Ulrich	Moeller, Klaus-Ulrich	Moeller, Klaus-Ulrich	Moeller, Klaus-Ulrich	Moeller, Klaus-Ulrich	-	-	Moeller, Klaus-Ulrich	Moeller, Klaus-Ulrich
Schwimmen nett	0.50	13:42	2.19	10	3:37	201	6:39	0.50	13:42	2.19	4	3:37	37	4:04
Wechsel S->R	-	3:56	-	9	2:00	198	2:48	0.50	17:38	1.70	4	5:37	37	5:46
Schwimmen Moeller, Klaus-Ulrich	0.50	17:38	1.70	4	5:37	37	5:46	0.50	17:38	1.70	4	5:37	37	5:46
ZZ Rad	5.75	9:49	35.14	11	2:07	219	3:23	6.25	27:27	13.66	4	7:41	37	8:13
ZZ Rad	4.25	13:08	19.42	10	2:25	206	3:53	10.50	40:35	15.52	4	10:06	37	11:16
ZZ Rad	4.25	13:02	19.57	10	2:31	207	3:43	14.75	53:37	16.51	4	12:29	37	14:17
Rad Ziel	5.75	10:29	32.91	10	2:20	211	5:52	20.50	1:04:06	19.19	4	14:49	37	16:58
Rad Moeller, Klaus-Ulrich	20.00	46:28	25.82	10	9:12	214	28:19	20.50	1:04:06	19.19	4	14:49	37	16:58
Wechsel R->L	-	2:22	-	11	1:43	225	1:53	20.50	1:06:28	18.51	4	16:32	37	18:24
Rad Moeller, Klaus-Ulrich	20.00	48:50	24.57	10	10:55	215	28:38	20.50	1:06:28	18.51	4	16:32	37	18:24
ZZ Lauf	2.50	13:52	10.82	8	2:27	185	5:53	23.00	1:20:20	17.18	4	18:59	37	23:25
Lauf Ziel	2.50	16:44	8.96	9	4:57	211	8:11	25.50	1:37:04	15.76	10	23:37	209	39:03
Lauf Moeller, Klaus-Ulrich	5.00	30:36	9.80	9	7:11	204	13:57	25.50	1:37:04	15.76	10	23:37	209	39:03