



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Kies, Thorsten

000: 1:09:20

00: TTV Topspin Lorsch

00: 29

00: 25.50 km

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

00000/000: 28 (of 313)

00000/0: 26 (of 231)

000000: 58:01

0000:

00000: 4(of 20)

männliche AK 3 (TM 30)

0000000: 1:00:52

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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	10:25	2.88	8	2:10	86	3:22	0.50	10:25	2.88	21		5	0:47
Wechsel S->R	-	2:12	-	6	0:37	65	1:04	0.50	12:37	2.38	21		5	0:45
Schwimmen 000	0.50	12:37	2.38	21		5	0:45	0.50	12:37	2.38	21		5	0:45
ZZ Rad	5.75	7:37	45.30	6	1:11	48	1:11	6.25	20:14	18.53	21		5	1:00
ZZ Rad	4.25	10:28	24.36	4	1:04	48	1:13	10.50	30:42	20.52	21		5	1:23
ZZ Rad	4.25	10:22	24.60	4	0:58	40	1:03	14.75	41:04	21.55	21		5	1:44
Rad Ziel	5.75	8:11	42.16	5	0:44	46	3:34	20.50	49:15	24.97	21		5	2:07
Rad 0	20.00	36:38	32.76	5	3:31	48	18:29	20.50	49:15	24.97	21		5	2:07
Wechsel R->L	-	1:04	-	11	0:29	103	0:35	20.50	50:19	24.45	21		5	2:15
Rad 000	20.00	37:42	31.83	5	3:58	49	17:30	20.50	50:19	24.45	21		5	2:15
ZZ Lauf	2.50	9:24	15.96	2	1:13	10	1:25	23.00	59:43	23.11	21		5	2:48
Lauf Ziel	2.50	9:37	15.60	2	1:04	10	1:04	25.50	1:09:20	22.07	4	8:28	26	11:19
Lauf 000	5.00	19:01	15.78	2	2:17	10	2:22	25.50	1:09:20	22.07	4	8:28	26	11:19