



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Voelp, Bernd

000: 1:10:54

00: 39

00: 25.50 km

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

0000:

Senioren 2 (TM 45)

00000/000: 41 (of 313)

00000/0: 38 (of 231)

000000: 58:01

00000: 5(of 39)

0000000: 1:07:30

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:24	2.88	13	1:45	81	3:21	0.50	10:24	2.88	40		3	0:46
Wechsel S->R	-	2:09	-	8	0:33	58	1:01	0.50	12:33	2.39	40		6	0:41
Schwimmen 000	0.50	12:33	2.39	40		6	0:41	0.50	12:33	2.39	40		6	0:41
ZZ Rad	5.75	7:43	44.71	10	0:26	58	1:17	6.25	20:16	18.50	40		6	1:02
ZZ Rad	4.25	10:27	24.40	9	0:33	47	1:12	10.50	30:43	20.51	39		6	1:24
ZZ Rad	4.25	10:23	24.56	7	0:29	42	1:04	14.75	41:06	21.53	39		6	1:46
Rad Ziel	5.75	8:13	41.99	8	0:28	50	3:36	20.50	49:19	24.94	40		6	2:11
Rad 0	20.00	36:46	32.64	8	1:54	51	18:37	20.50	49:19	24.94	40		6	2:11
Wechsel R->L	-	0:58	-	11	0:27	85	0:29	20.50	50:17	24.46	39		6	2:13
Rad 000	20.00	37:44	31.80	7	2:05	50	17:32	20.50	50:17	24.46	39		6	2:13
ZZ Lauf	2.50	9:59	15.03	6	0:42	23	2:00	23.00	1:00:16	22.90	39		6	3:21
Lauf Ziel	2.50	10:38	14.11	7	1:08	33	2:05	25.50	1:10:54	21.58	5	3:24	38	12:53
Lauf 000	5.00	20:37	14.55	7	1:50	29	3:58	25.50	1:10:54	21.58	5	3:24	38	12:53