



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Werner, Torsten

000: 1:05:31

00: 109

00: 25.50 km

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

00000/000: 9 (of 313)

00000/0: 9 (of 231)

000000: 58:01

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00000: 1(of 38)

Senioren 1 (TM 40)

0000000: 1:05:31

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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	8:30	3.53	3	1:12	14	1:27	0.50	8:30	3.53	39		232	
Wechsel S->R	-	2:05	-	8	0:22	49	0:57	0.50	10:35	2.83	39		232	
Schwimmen 000	0.50	10:35	2.83	39		232		0.50	10:35	2.83	39		232	
ZZ Rad	5.75	6:56	49.76	2	0:12	7	0:30	6.25	17:31	21.41	39		232	
ZZ Rad	4.25	9:35	26.61	1	-	6	0:20	10.50	27:06	23.25	39		227	
ZZ Rad	4.25	9:30	26.84	1	-	5	0:11	14.75	36:36	24.18	39		227	
Rad Ziel	5.75	7:19	47.15	1	-	3	2:42	20.50	43:55	28.01	39		232	
Rad 0	20.00	33:20	36.00	1	-	8	15:11	20.50	43:55	28.01	39		232	
Wechsel R->L	-	0:43	-	6	0:14	27	0:14	20.50	44:38	27.56	39		229	
Rad 000	20.00	34:03	35.24	1	-	5	13:51	20.50	44:38	27.56	39		229	
ZZ Lauf	2.50	10:32	14.24	9	0:58	48	2:33	23.00	55:10	25.02	39		228	
Lauf Ziel	2.50	10:21	14.49	3	0:38	27	1:48	25.50	1:05:31	23.35	1	-	9	7:30
Lauf 000	5.00	20:53	14.37	5	1:36	35	4:14	25.50	1:05:31	23.35	1	-	9	7:30