



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Schneewind, Volker

000: 1:13:07

00: 5

00: 25.50 km

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

00000/000: 56 (of 313)

00000/0: 53 (of 231)

000000: 58:01

0000:

00000: 4(of 21)

Senioren 4 (TM 55)

0000000: 1:09:46

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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	11:20	2.65	9	3:31	129	4:17	0.50	11:20	2.65	22		7	1:42
Wechsel S->R	-	2:23	-	8	0:36	90	1:15	0.50	13:43	2.19	22		7	1:51
Schwimmen 000	0.50	13:43	2.19	22		7	1:51	0.50	13:43	2.19	22		7	1:51
ZZ Rad	5.75	8:08	42.42	9	0:56	117	1:42	6.25	21:51	17.16	22		7	2:37
ZZ Rad	4.25	10:24	24.52	3	0:19	45	1:09	10.50	32:15	19.53	22		7	2:56
ZZ Rad	4.25	10:14	24.92	3	0:09	31	0:55	14.75	42:29	20.83	22		7	3:09
Rad Ziel	5.75	8:01	43.04	1	-	31	3:24	20.50	50:30	24.36	22		7	3:22
Rad 0	20.00	36:47	32.62	4	1:09	52	18:38	20.50	50:30	24.36	22		7	3:22
Wechsel R->L	-	0:57	-	6	0:17	80	0:28	20.50	51:27	23.91	22		7	3:23
Rad 000	20.00	37:44	31.80	4	0:56	51	17:32	20.50	51:27	23.91	22		7	3:23
ZZ Lauf	2.50	10:34	14.20	3	0:34	50	2:35	23.00	1:02:01	22.25	22		7	5:06
Lauf Ziel	2.50	11:06	13.51	3	0:27	57	2:33	25.50	1:13:07	20.93	4	3:21	53	15:06
Lauf 000	5.00	21:40	13.85	3	0:46	49	5:01	25.50	1:13:07	20.93	4	3:21	53	15:06