



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Held, Reinhard

000: 1:09:46

00: Lorsche Buwe

00: 117

00: 25.50 km

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

00000/000: 31 (of 313)

00000/0: 29 (of 231)

000000: 58:01

0000:

00000: 1(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	9:37	3.12	3	1:48	46	2:34	0.50	9:37	3.12	22		232	
Wechsel S->R	-	1:47	-	1	-	19	0:39	0.50	11:24	2.63	22		232	
Schwimmen 000	0.50	11:24	2.63	22		232		0.50	11:24	2.63	22		232	
ZZ Rad	5.75	7:33	45.70	4	0:21	42	1:07	6.25	18:57	19.79	22		2	
ZZ Rad	4.25	10:29	24.32	4	0:24	50	1:14	10.50	29:26	21.40	22		227	0:07
ZZ Rad	4.25	10:24	24.52	4	0:19	44	1:05	14.75	39:50	22.22	22		227	0:30
Rad Ziel	5.75	8:17	41.65	6	0:16	57	3:40	20.50	48:07	25.56	22		232	0:59
Rad 0	20.00	36:43	32.68	3	1:05	50	18:34	20.50	48:07	25.56	22		232	0:59
Wechsel R->L	-	0:40	-	1	-	18	0:11	20.50	48:47	25.21	22		229	0:43
Rad 000	20.00	37:23	32.10	3	0:35	42	17:11	20.50	48:47	25.21	22		229	0:43
ZZ Lauf	2.50	10:20	14.52	2	0:20	41	2:21	23.00	59:07	23.34	22		228	2:12
Lauf Ziel	2.50	10:39	14.08	1	-	35	2:06	25.50	1:09:46	21.93	1	-	29	11:45
Lauf 000	5.00	20:59	14.30	2	0:05	38	4:20	25.50	1:09:46	21.93	1	-	29	11:45