



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Bertsch, Jochen

000: 1:11:49

00: 108

00: 25.50 km

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

00000/000: 47 (of 313)

00000/0: 44 (of 231)

000000: 58:01

0000:

00000: 6(of 33)

Senioren 3 (TM 50)

0000000: 1:04:59

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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	9:31	3.15	4	1:34	39	2:28	0.50	9:31	3.15	34		232	
Wechsel S->R	-	1:58	-	7	0:30	35	0:50	0.50	11:29	2.61	34		232	
Schwimmen 000	0.50	11:29	2.61	34		232		0.50	11:29	2.61	34		232	
ZZ Rad	5.75	7:27	46.31	5	0:27	34	1:01	6.25	18:56	19.81	34		232	
ZZ Rad	4.25	10:31	24.25	9	0:59	53	1:16	10.50	29:27	21.39	25		227	0:08
ZZ Rad	4.25	10:23	24.56	7	1:01	42	1:04	14.75	39:50	22.22	25		227	0:30
Rad Ziel	5.75	8:19	41.48	10	0:55	59	3:42	20.50	48:09	25.55	34		232	1:01
Rad 0	20.00	36:40	32.73	8	17:59	49	18:31	20.50	48:09	25.55	34		232	1:01
Wechsel R->L	-	0:51	-	6	0:17	59	0:22	20.50	49:00	25.10	25		229	0:56
Rad 000	20.00	37:31	31.99	6	3:24	44	17:19	20.50	49:00	25.10	25		229	0:56
ZZ Lauf	2.50	11:06	13.51	9	1:12	75	3:07	23.00	1:00:06	22.96	25		228	3:11
Lauf Ziel	2.50	11:43	12.80	8	1:28	80	3:10	25.50	1:11:49	21.30	6	6:50	44	13:48
Lauf 000	5.00	22:49	13.15	8	2:24	77	6:10	25.50	1:11:49	21.30	6	6:50	44	13:48