



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Friederich, Christian

000: 1:12:42

00: SV Eintracht Hitzerode

00: 15

00: 25.50 km

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

0000:

männliche AK 3 (TM 30)

00000/000: 54 (of 313)

00000/0: 51 (of 231)

000000: 58:01

00000: 7(of 20)

0000000: 1:00:52

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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	11:13	2.67	13	2:58	127	4:10	0.50	11:13	2.67	21		9	1:35
Wechsel S->R	-	3:15	-	13	1:40	152	2:07	0.50	14:28	2.07	21		9	2:36
Schwimmen 000	0.50	14:28	2.07	21		9	2:36	0.50	14:28	2.07	21		9	2:36
ZZ Rad	5.75	6:26	53.63	1	-	1	-	6.25	20:54	17.94	21		9	1:40
ZZ Rad	4.25	10:36	24.06	5	1:12	57	1:21	10.50	31:30	20.00	21		9	2:11
ZZ Rad	4.25	10:36	24.06	5	1:12	59	1:17	14.75	42:06	21.02	21		9	2:46
Rad Ziel	5.75	8:04	42.77	4	0:37	34	3:27	20.50	50:10	24.52	21		9	3:02
Rad 0	20.00	35:42	33.61	4	2:35	34	17:33	20.50	50:10	24.52	21		9	3:02
Wechsel R->L	-	0:45	-	7	0:10	32	0:16	20.50	50:55	24.16	21		9	2:51
Rad 000	20.00	36:27	32.92	4	2:43	29	16:15	20.50	50:55	24.16	21		9	2:51
ZZ Lauf	2.50	10:55	13.74	8	2:44	69	2:56	23.00	1:01:50	22.32	21		9	4:55
Lauf Ziel	2.50	10:52	13.80	8	2:19	45	2:19	25.50	1:12:42	21.05	7	11:50	51	14:41
Lauf 000	5.00	21:47	13.77	8	5:03	55	5:08	25.50	1:12:42	21.05	7	11:50	51	14:41