



11. Triathlon Lorsch

Lorsch / 10.08.2014

□□□□

Contzen, Marius

□□□: 1:17:40

□□: Ski Club Heidelberg

□□: 122

□□: 25.50 km

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

□□□□□/□□□: 110 (of 313)

□□□□□/□: 99 (of 231)

□□□□□□: 58:01

□□□□:

□□□□□: 18(of 38)

Senioren 1 (TM 40)

□□□□□□□: 1:05:31

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	9:27	3.17	11	2:09	37	2:24	0.50	9:27	3.17	39	0:26	232	
Wechsel S->R	-	2:23	-	19	0:40	90	1:15	0.50	11:50	2.54	39	0:59	232	
Schwimmen □□□	0.50	11:50	2.54	39	0:59	232		0.50	11:50	2.54	39	0:59	232	
ZZ Rad	5.75	8:07	42.51	17	1:23	112	1:41	6.25	19:57	18.80	39	1:41	232	0:43
ZZ Rad	4.25	10:56	23.32	14	1:21	85	1:41	10.50	30:53	20.40	39	2:48	227	1:34
ZZ Rad	4.25	10:50	23.54	11	1:20	76	1:31	14.75	41:43	21.21	39	3:50	227	2:23
Rad Ziel	5.75	8:31	40.51	12	1:12	75	3:54	20.50	50:14	24.49	39	4:25	232	3:06
Rad □	20.00	38:24	31.25	14	5:04	88	20:15	20.50	50:14	24.49	39	4:25	232	3:06
Wechsel R->L	-	1:13	-	28	0:44	141	0:44	20.50	51:27	23.91	39	4:52	7	3:23
Rad □□□	20.00	39:37	30.29	14	5:34	87	19:25	20.50	51:27	23.91	39	4:52	7	3:23
ZZ Lauf	2.50	12:44	11.78	27	3:10	154	4:45	23.00	1:04:11	21.50	39	8:01	228	7:16
Lauf Ziel	2.50	13:29	11.12	31	3:46	159	4:56	25.50	1:17:40	19.70	18	12:09	99	19:39
Lauf □□□	5.00	26:13	11.44	28	6:56	155	9:34	25.50	1:17:40	19.70	18	12:09	99	19:39