



10. Lorsch Triathlon

Lorsch / 11.08.2013

DTU

Heid, Tobias

Time: 1:20:00

Rank: 219

Distance: 25.75 km

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

Participants: 208 (of 322)

Participants: 181 (of 260)

Participants: 58:22

Gender:

Participants: 19(of 25)

männl. AK 3 (TM 30-34)

Participants: 1:03:04

DTU

DTU

DTU

	km	min	km/h	-	-	min	min	km	min	km/h	-	-	min	min
Schwimmen	0.50	11:06	2.70	14	2:44	142	4:22	0.50	11:06	2.70	25		259	2:00
Wechsel Schwim	0.20	3:06	3.87	17	1:26	185	1:40	0.70	14:12	2.96	25		259	3:21
Schwimmen 1000	0.70	14:12	2.96	25		259	3:21	0.70	14:12	2.96	25		259	3:21
Rad	20.00	39:25	30.44	19	7:27	196	8:40	20.70	53:37	23.16	25		259	11:44
Wechsel Rad-Lau	0.05	1:17	2.34	20	0:47	183	1:14	20.75	54:54	22.68	25		256	12:10
Rad 1000	20.05	40:42	29.56	19	7:57	195	9:05	20.75	54:54	22.68	25		256	12:10
Lauf	5.00	25:06	11.95	20	7:11	176	9:34	25.75	1:20:00	19.31	20	16:56	183	21:38