



11. Triathlon Lorsch

Lorsch / 10.08.2014

Barth, Carsten

1:04:59

155

25.50 km

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

6 (of 313)

6 (of 231)

58:01

Senioren 3 (TM 50)

1(of 33)

1:04:59

Barth, Carsten

1:04:59

155

	km	km/h	-	-			km	km/h	-	-		
Schwimmen nett	0.50	8:28	3.54	2	0:31	12	0.50	8:28	3.54	8		232
Wechsel S->R	-	1:44	-	4	0:16	17	0.50	10:12	2.94	34		232
Schwimmen	0.50	10:12	2.94	34		232	0.50	10:12	2.94	34		232
ZZ Rad	5.75	7:00	49.29	1	-	8	6.25	17:12	21.80	34		232
ZZ Rad	4.25	9:32	26.75	1	-	4	10.50	26:44	23.57	33		227
ZZ Rad	4.25	9:22	27.22	1	-	2	14.75	36:06	24.52	33		227
Rad Ziel	5.75	7:24	46.62	1	-	4	20.50	43:30	28.28	34		232
Rad	20.00	33:18	36.04	2	14:37	7	20.50	43:30	28.28	34		232
Wechsel R->L	-	0:49	-	5	0:15	48	20.50	44:19	27.75	33		229
Rad	20.00	34:07	35.17	1	-	6	20.50	44:19	27.75	33		229
ZZ Lauf	2.50	10:02	14.95	2	0:08	26	23.00	54:21	25.39	33		228
Lauf Ziel	2.50	10:38	14.11	3	0:23	33	25.50	1:04:59	23.54	1	-	6 6:58
Lauf	5.00	20:40	14.52	3	0:15	32	25.50	1:04:59	23.54	1	-	6 6:58