



# 11. Triathlon Lorsch

Lorsch / 10.08.2014

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Bischoff, Dr. Klaus

000: 1:25:13

00: 130

00: 25.50 km

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

0000:

Senioren 5 (TM 60)

00000/000: 199 (of 313)

00000/0: 168 (of 231)

000000: 58:01

00000: 7(of 11)

0000000: 1:13:27

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|                | 00    | 00    | 00    | 00 | 00   | 00  | 00    | 000   | 000     | 000   | 00 | 00    | 00  | 00    |
|----------------|-------|-------|-------|----|------|-----|-------|-------|---------|-------|----|-------|-----|-------|
|                | km    | 00    | km/h  | -  | -    | 0   | 0     | km    | 00      | km/h  | -  | -     | 0   | 0     |
| Schwimmen nett | 0.50  | 11:02 | 2.72  | 4  | 0:57 | 116 | 3:59  | 0.50  | 11:02   | 2.72  | 12 | 0:57  | 232 | 1:24  |
| Wechsel S->R   | -     | 4:23  | -     | 10 | 2:27 | 212 | 3:15  | 0.50  | 15:25   | 1.95  | 12 | 3:24  | 232 | 3:33  |
| Schwimmen 000  | 0.50  | 15:25 | 1.95  | 12 | 3:24 | 232 | 3:33  | 0.50  | 15:25   | 1.95  | 12 | 3:24  | 232 | 3:33  |
| ZZ Rad         | 5.75  | 8:07  | 42.51 | 4  | 0:25 | 112 | 1:41  | 6.25  | 23:32   | 15.93 | 12 | 3:46  | 232 | 4:18  |
| ZZ Rad         | 4.25  | 11:23 | 22.40 | 6  | 0:40 | 132 | 2:08  | 10.50 | 34:55   | 18.04 | 12 | 4:26  | 227 | 5:36  |
| ZZ Rad         | 4.25  | 11:45 | 21.70 | 7  | 1:14 | 156 | 2:26  | 14.75 | 46:40   | 18.96 | 12 | 5:32  | 227 | 7:20  |
| Rad Ziel       | 5.75  | 9:37  | 35.88 | 8  | 1:28 | 171 | 5:00  | 20.50 | 56:17   | 21.85 | 12 | 7:00  | 232 | 9:09  |
| Rad 0          | 20.00 | 40:52 | 29.36 | 7  | 3:36 | 154 | 22:43 | 20.50 | 56:17   | 21.85 | 12 | 7:00  | 232 | 9:09  |
| Wechsel R->L   | -     | 0:56  | -     | 4  | 0:17 | 76  | 0:27  | 20.50 | 57:13   | 21.50 | 12 | 7:17  | 229 | 9:09  |
| Rad 000        | 20.00 | 41:48 | 28.71 | 7  | 3:53 | 144 | 21:36 | 20.50 | 57:13   | 21.50 | 12 | 7:17  | 229 | 9:09  |
| ZZ Lauf        | 2.50  | 13:22 | 11.22 | 7  | 1:57 | 168 | 5:23  | 23.00 | 1:10:35 | 19.55 | 12 | 9:14  | 228 | 13:40 |
| Lauf Ziel      | 2.50  | 14:38 | 10.25 | 7  | 2:51 | 185 | 6:05  | 25.50 | 1:25:13 | 17.95 | 7  | 11:46 | 168 | 27:12 |
| Lauf 000       | 5.00  | 28:00 | 10.71 | 7  | 4:35 | 181 | 11:21 | 25.50 | 1:25:13 | 17.95 | 7  | 11:46 | 168 | 27:12 |