



# 11. Triathlon Lorsch

Lorsch / 10.08.2014

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Meyer, Michael

000: 1:13:28

00: Heppenheimer Skiclub

00: 47

00: 25.50 km

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

00000/000: 61 (of 313)

00000/0: 58 (of 231)

000000: 58:01

0000:

00000: 9(of 28)

männliche AK 4 (TM 35)

0000000: 1:03:20

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| 000            | 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  | 8:55  | 3.36  | 3  | 0:45  | 20  | 1:52  | 0.50  | 8:55    | 3.36  | 29 |       | 12 |       |
| Wechsel S->R   | -     | 1:32  | -     | 1  | -     | 6   | 0:24  | 0.50  | 10:27   | 2.87  | 29 |       | 12 |       |
| Schwimmen 000  | 0.50  | 10:27 | 2.87  | 29 |       | 12  |       | 0.50  | 10:27   | 2.87  | 29 |       | 12 |       |
| ZZ Rad         | 5.75  | 8:18  | 41.57 | 21 | 1:28  | 143 | 1:52  | 6.25  | 18:45   | 20.00 | 29 |       | 12 |       |
| ZZ Rad         | 4.25  | 11:17 | 22.60 | 17 | 1:48  | 117 | 2:02  | 10.50 | 30:02   | 20.98 | 27 |       | 12 | 0:43  |
| ZZ Rad         | 4.25  | 11:06 | 22.97 | 14 | 1:36  | 103 | 1:47  | 14.75 | 41:08   | 21.52 | 27 |       | 11 | 1:48  |
| Rad Ziel       | 5.75  | 8:10  | 42.24 | 8  | 0:45  | 45  | 3:33  | 20.50 | 49:18   | 24.95 | 29 |       | 12 | 2:10  |
| Rad 0          | 20.00 | 38:51 | 30.89 | 16 | 20:42 | 101 | 20:42 | 20.50 | 49:18   | 24.95 | 29 |       | 12 | 2:10  |
| Wechsel R->L   | -     | 0:43  | -     | 1  | -     | 27  | 0:14  | 20.50 | 50:01   | 24.59 | 28 |       | 12 | 1:57  |
| Rad 000        | 20.00 | 39:34 | 30.33 | 14 | 19:22 | 86  | 19:22 | 20.50 | 50:01   | 24.59 | 28 |       | 12 | 1:57  |
| ZZ Lauf        | 2.50  | 11:07 | 13.49 | 13 | 2:16  | 76  | 3:08  | 23.00 | 1:01:08 | 22.57 | 27 |       | 12 | 4:13  |
| Lauf Ziel      | 2.50  | 12:20 | 12.16 | 14 | 2:55  | 113 | 3:47  | 25.50 | 1:13:28 | 20.83 | 9  | 10:08 | 58 | 15:27 |
| Lauf 000       | 5.00  | 23:27 | 12.79 | 14 | 5:11  | 91  | 6:48  | 25.50 | 1:13:28 | 20.83 | 9  | 10:08 | 58 | 15:27 |