



11. Triathlon Lorsch

Lorsch / 10.08.2014

Stoof, Uwe

Stoof, Uwe

1:37:31

116

25.50 km

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

280 (of 313)

210 (of 231)

58:01

Senioren 4 (TM 55)

19(of 21)

1:09:46

Stoof, Uwe

Stoof, Uwe

Stoof, Uwe

Stoof, Uwe	km	Stoof, Uwe	km/h	-	-	Stoof, Uwe	Stoof, Uwe	Stoof, Uwe	km	Stoof, Uwe	km/h	-	-	Stoof, Uwe	Stoof, Uwe
Schwimmen nett	0.50	9:26	3.18	2	1:37	36	2:23		0.50	9:26	3.18	22		232	
Wechsel S->R	-	4:00	-	18	2:13	203	2:52		0.50	13:26	2.23	22		232	1:34
Schwimmen 0.50	0.50	13:26	2.23	22		232	1:34		0.50	13:26	2.23	22		232	1:34
ZZ Rad	5.75	9:28	36.44	18	2:16	212	3:02		6.25	22:54	16.38	22		232	3:40
ZZ Rad	4.25	12:41	20.11	18	2:36	195	3:26		10.50	35:35	17.70	22	0:52	227	6:16
ZZ Rad	4.25	12:58	19.67	18	2:53	205	3:39		14.75	48:33	18.23	22	2:31	227	9:13
Rad Ziel	5.75	10:24	33.17	18	2:23	207	5:47		20.50	58:57	20.87	22	3:56	232	11:49
Rad 20.00	20.00	45:31	26.36	18	9:53	207	27:22		20.50	58:57	20.87	22	3:56	232	11:49
Wechsel R->L	-	1:13	-	12	0:33	141	0:44		20.50	1:00:10	20.44	22	3:42	229	12:06
Rad 20.00	20.00	46:44	25.68	18	9:56	206	26:32		20.50	1:00:10	20.44	22	3:42	229	12:06
ZZ Lauf	2.50	18:10	8.26	21	8:10	226	10:11		23.00	1:18:20	17.62	22	10:14	228	21:25
Lauf Ziel	2.50	19:11	7.82	21	8:32	224	10:38		25.50	1:37:31	15.69	19	27:45	210	39:30
Lauf 5.00	5.00	37:21	8.03	21	16:27	224	20:42		25.50	1:37:31	15.69	19	27:45	210	39:30