



11. Triathlon Lorsch

Lorsch / 10.08.2014

Maßmeyer, Nikola

Maßmeyer, Nikola

1:22:16

182

25.50 km

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

männliche AK 2 (TM 25)

167 (of 313)

144 (of 231)

58:01

9(of 15)

1:06:58

Maßmeyer, Nikola

1:22:16

182

Maßmeyer, Nikola	km	km/h	-	-	km	km/h	-	-	km	km/h	-	-	km	km/h
Schwimmen nett	0.50	11:10	2.69	11	2:23	124	4:07	0.50	11:10	2.69	16	0:42	232	1:32
Wechsel S->R	-	4:33	-	13	3:04	214	3:25	0.50	15:43	1.91	16	0:39	232	3:51
Schwimmen	0.50	15:43	1.91	16	0:39	232	3:51	0.50	15:43	1.91	16	0:39	232	3:51
ZZ Rad	5.75	7:59	43.22	6	0:56	89	1:33	6.25	23:42	15.82	16		232	4:28
ZZ Rad	4.25	11:17	22.60	6	1:31	117	2:02	10.50	34:59	18.01	16		227	5:40
ZZ Rad	4.25	11:07	22.94	5	1:36	104	1:48	14.75	46:06	19.20	16		227	6:46
Rad Ziel	5.75	8:58	38.48	5	1:23	127	4:21	20.50	55:04	22.34	16		232	7:56
Rad	20.00	39:21	30.50	6	5:05	117	21:12	20.50	55:04	22.34	16		232	7:56
Wechsel R->L	-	1:05	-	9	0:29	107	0:36	20.50	56:09	21.91	16		229	8:05
Rad	20.00	40:26	29.68	5	5:12	111	20:14	20.50	56:09	21.91	16		229	8:05
ZZ Lauf	2.50	13:08	11.42	13	4:03	161	5:09	23.00	1:09:17	19.92	16		228	12:22
Lauf Ziel	2.50	12:59	11.55	9	3:42	143	4:26	25.50	1:22:16	18.60	9	15:18	143	24:15
Lauf	5.00	26:07	11.49	11	7:45	153	9:28	25.50	1:22:16	18.60	9	15:18	143	24:15