



11. Triathlon Lorsch

Lorsch / 10.08.2014

Wachtel, Charly

Wachtel, Charly

1:16:14

230

25.50 km

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

92 (of 313)

83 (of 231)

58:01

7 (of 21)

1:09:46

Senioren 4 (TM 55)

Wachtel, Charly

Wachtel, Charly

Wachtel, Charly

Wachtel, Charly	km	Wachtel, Charly	km/h	-	-	Wachtel, Charly	Wachtel, Charly	Wachtel, Charly	Wachtel, Charly	Wachtel, Charly	Wachtel, Charly	Wachtel, Charly	Wachtel, Charly	Wachtel, Charly
Wachtel, Charly	km	Wachtel, Charly	km/h	-	-	Wachtel, Charly	Wachtel, Charly	Wachtel, Charly	Wachtel, Charly	Wachtel, Charly	Wachtel, Charly	Wachtel, Charly	Wachtel, Charly	Wachtel, Charly
Schwimmen nett	0.50	10:45	2.79	6	2:56	101	3:42	0.50	10:45	2.79	13		232	1:07
Wechsel S->R	-	2:16	-	5	0:29	72	1:08	0.50	13:01	2.30	13		232	1:09
Schwimmen Wachtel, Charly	0.50	13:01	2.30	13		232	1:09	0.50	13:01	2.30	13		232	1:09
ZZ Rad	5.75	7:31	45.90	3	0:19	39	1:05	6.25	20:32	18.26	13		232	1:18
ZZ Rad	4.25	11:51	21.52	12	1:46	164	2:36	10.50	32:23	19.45	13		227	3:04
ZZ Rad	4.25	10:37	24.02	6	0:32	60	1:18	14.75	43:00	20.58	13		227	3:40
Rad Ziel	5.75	8:12	42.07	4	0:11	49	3:35	20.50	51:12	24.02	13		232	4:04
Rad Wachtel, Charly	20.00	38:11	31.43	6	2:33	82	20:02	20.50	51:12	24.02	13		232	4:04
Wechsel R->L	-	1:05	-	9	0:25	107	0:36	20.50	52:17	23.53	13		229	4:13
Rad Wachtel, Charly	20.00	39:16	30.56	6	2:28	80	19:04	20.50	52:17	23.53	13		229	4:13
ZZ Lauf	2.50	11:33	12.99	7	1:33	94	3:34	23.00	1:03:50	21.62	13		228	6:55
Lauf Ziel	2.50	12:24	12.10	9	1:45	117	3:51	25.50	1:16:14	20.07	7	6:28	83	18:13
Lauf Wachtel, Charly	5.00	23:57	12.53	8	3:03	106	7:18	25.50	1:16:14	20.07	7	6:28	83	18:13