



11. Triathlon Lorsch

Lorsch / 10.08.2014

Heid, Tobias

Heid, Tobias

1:17:25

221

25.50 km

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

107 (of 313)

96 (of 231)

58:01

männliche AK 3 (TM 30)

11(of 20)

1:00:52

km

km/h

km

km	km/h	-	-	km	km/h	-	-	km	km/h	-	-	km	km/h	-	-
Schwimmen nett	0.50	10:11	2.95	7	1:56	69	3:08	0.50	10:11	2.95	14		232	0:33	
Wechsel S->R	-	2:18	-	7	0:43	75	1:10	0.50	12:29	2.40	14		232	0:37	
Schwimmen	0.50	12:29	2.40	14		232	0:37	0.50	12:29	2.40	14		232	0:37	
ZZ Rad	5.75	8:15	41.82	12	1:49	134	1:49	6.25	20:44	18.09	14		232	1:30	
ZZ Rad	4.25	11:20	22.50	12	1:56	126	2:05	10.50	32:04	19.65	14		227	2:45	
ZZ Rad	4.25	11:00	23.18	10	1:36	95	1:41	14.75	43:04	20.55	14		227	3:44	
Rad Ziel	5.75	8:35	40.19	9	1:08	82	3:58	20.50	51:39	23.81	14		8	4:31	
Rad	20.00	39:10	30.64	11	6:03	111	21:01	20.50	51:39	23.81	14		8	4:31	
Wechsel R->L	-	1:13	-	18	0:38	141	0:44	20.50	52:52	23.27	14		229	4:48	
Rad	20.00	40:23	29.72	11	6:39	110	20:11	20.50	52:52	23.27	14		229	4:48	
ZZ Lauf	2.50	12:17	12.21	14	4:06	127	4:18	23.00	1:05:09	21.18	14		228	8:14	
Lauf Ziel	2.50	12:16	12.23	13	3:43	110	3:43	25.50	1:17:25	19.76	11	16:33	96	19:24	
Lauf	5.00	24:33	12.22	14	7:49	116	7:54	25.50	1:17:25	19.76	11	16:33	96	19:24	