



# 11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Neumann, Hans

000: 1:30:26

00: 193

00: 25.50 km

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

0000:

Senioren 4 (TM 55)

00000/000: 237 (of 313)

00000/0: 190 (of 231)

000000: 58:01

00000: 14(of 21)

0000000: 1:09:46

0000

0000

000

| 000            | 00<br>km | 00<br>00 | 00<br>km/h | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000   | 000<br>00 | 000<br>km/h | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|----------------|----------|----------|------------|---------|---------|---------|---------|-------|-----------|-------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 12:06    | 2.48       | 12      | 4:17    | 156     | 5:03    | 0.50  | 12:06     | 2.48        | 10      |         | 232     | 2:28    |
| Wechsel S->R   | -        | 3:40     | -          | 15      | 1:53    | 181     | 2:32    | 0.50  | 15:46     | 1.90        | 10      |         | 232     | 3:54    |
| Schwimmen 000  | 0.50     | 15:46    | 1.90       | 10      |         | 232     | 3:54    | 0.50  | 15:46     | 1.90        | 10      |         | 232     | 3:54    |
| ZZ Rad         | 5.75     | 8:40     | 39.81      | 15      | 1:28    | 178     | 2:14    | 6.25  | 24:26     | 15.35       | 10      | 0:43    | 232     | 5:12    |
| ZZ Rad         | 4.25     | 12:18    | 20.73      | 16      | 2:13    | 181     | 3:03    | 10.50 | 36:44     | 17.15       | 10      | 2:01    | 227     | 7:25    |
| ZZ Rad         | 4.25     | 12:36    | 20.24      | 17      | 2:31    | 192     | 3:17    | 14.75 | 49:20     | 17.94       | 10      | 3:18    | 227     | 10:00   |
| Rad Ziel       | 5.75     | 9:58     | 34.62      | 16      | 1:57    | 191     | 5:21    | 20.50 | 59:18     | 20.74       | 10      | 4:17    | 232     | 12:10   |
| Rad 0          | 20.00    | 43:32    | 27.57      | 17      | 7:54    | 187     | 25:23   | 20.50 | 59:18     | 20.74       | 10      | 4:17    | 232     | 12:10   |
| Wechsel R->L   | -        | 1:13     | -          | 12      | 0:33    | 141     | 0:44    | 20.50 | 1:00:31   | 20.32       | 10      | 4:03    | 229     | 12:27   |
| Rad 000        | 20.00    | 44:45    | 26.82      | 17      | 7:57    | 185     | 24:33   | 20.50 | 1:00:31   | 20.32       | 10      | 4:03    | 229     | 12:27   |
| ZZ Lauf        | 2.50     | 14:34    | 10.30      | 16      | 4:34    | 198     | 6:35    | 23.00 | 1:15:05   | 18.38       | 10      | 6:59    | 228     | 18:10   |
| Lauf Ziel      | 2.50     | 15:21    | 9.77       | 13      | 4:42    | 198     | 6:48    | 25.50 | 1:30:26   | 16.92       | 14      | 20:40   | 190     | 32:25   |
| Lauf 000       | 5.00     | 29:55    | 10.03      | 14      | 9:01    | 197     | 13:16   | 25.50 | 1:30:26   | 16.92       | 14      | 20:40   | 190     | 32:25   |