



11. Triathlon Lorsch

Lorsch / 10.08.2014

Paterna, Peter

1:18:37

335

25.50 km

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

123 (of 313)

109 (of 231)

58:01

Senioren 1 (TM 40)

21(of 38)

1:05:31

Paterna, Peter

1:18:37

335

	km	min	km/h	-	-	km	min	km	min	km/h	-	-	km	min
Schwimmen nett	0.50	11:09	2.69	25	3:51	123	4:06	0.50	11:09	2.69	14	2:08	232	1:31
Wechsel S->R	-	2:24	-	21	0:41	94	1:16	0.50	13:33	2.21	14	2:42	232	1:41
Schwimmen	0.50	13:33	2.21	14	2:42	232	1:41	0.50	13:33	2.21	14	2:42	232	1:41
ZZ Rad	5.75	7:48	44.23	10	1:04	69	1:22	6.25	21:21	17.56	14	3:05	232	2:07
ZZ Rad	4.25	10:54	23.39	13	1:19	78	1:39	10.50	32:15	19.53	14	4:10	7	2:56
ZZ Rad	4.25	10:58	23.25	14	1:28	90	1:39	14.75	43:13	20.48	14	5:20	227	3:53
Rad Ziel	5.75	8:26	40.91	10	1:07	71	3:49	20.50	51:39	23.81	14	5:50	8	4:31
Rad	20.00	38:06	31.50	11	4:46	77	19:57	20.50	51:39	23.81	14	5:50	8	4:31
Wechsel R->L	-	0:41	-	5	0:12	20	0:12	20.50	52:20	23.50	14	5:45	229	4:16
Rad	20.00	38:47	30.94	10	4:44	68	18:35	20.50	52:20	23.50	14	5:45	229	4:16
ZZ Lauf	2.50	12:40	11.84	26	3:06	149	4:41	23.00	1:05:00	21.23	14	8:50	228	8:05
Lauf Ziel	2.50	13:37	11.02	33	3:54	163	5:04	25.50	1:18:37	19.46	21	13:06	109	20:36
Lauf	5.00	26:17	11.41	29	7:00	157	9:38	25.50	1:18:37	19.46	21	13:06	109	20:36