



11. Triathlon Lorsch

Lorsch / 10.08.2014

Steinmann, Uwe

Steinmann, Uwe

Club: TSG Reutlingen

Age: 13

Distance: 25.50 km

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

Category: Seniore

Senioren 3 (TM 50)

Time: 1:23:15

Rank: 177 (of 313)

Rank: 153 (of 231)

Rank: 58:01

Rank: 22 (of 33)

Rank: 1:04:59

Results

Results

Results

Activity	km	Time	km/h	-	-	km	Time	km	Time	km/h	-	-	km	Time
Schwimmen nett	0.50	12:30	2.40	23	4:33	171	5:27	0.50	12:30	2.40	34	1:52	28	2:52
Wechsel S->R	-	3:04	-	19	1:36	138	1:56	0.50	15:34	1.93	34	2:00	28	3:42
Schwimmen	0.50	15:34	1.93	34	2:00	28	3:42	0.50	15:34	1.93	34	2:00	28	3:42
ZZ Rad	5.75	8:33	40.35	26	1:33	163	2:07	6.25	24:07	15.55	34	1:28	28	4:53
ZZ Rad	4.25	11:23	22.40	19	1:51	132	2:08	10.50	35:30	17.75	33		28	6:11
ZZ Rad	4.25	11:41	21.83	22	2:19	150	2:22	14.75	47:11	18.76	33		28	7:51
Rad Ziel	5.75	9:16	37.23	23	1:52	151	4:39	20.50	56:27	21.79	34		28	9:19
Rad	20.00	40:53	29.35	23	22:12	155	22:44	20.50	56:27	21.79	34		28	9:19
Wechsel R->L	-	1:32	-	23	0:58	186	1:03	20.50	57:59	21.21	33		28	9:55
Rad	20.00	42:25	28.29	24	8:18	158	22:13	20.50	57:59	21.21	33		28	9:55
ZZ Lauf	2.50	12:27	12.05	19	2:33	140	4:28	23.00	1:10:26	19.59	33		28	13:31
Lauf Ziel	2.50	12:49	11.70	20	2:34	136	4:16	25.50	1:23:15	18.38	22	18:16	153	25:14
Lauf	5.00	25:16	11.87	20	4:51	135	8:37	25.50	1:23:15	18.38	22	18:16	153	25:14