



11. Triathlon Lorsch

Lorsch / 10.08.2014

□□□□

Team Theilinger, Dewald & Sauer

□□□: 1:09:39

□□: Team Theilinger, Dewald & Sauer

□□: 362

□□: 25.50 km

Triathlonstaffel

□□□□□/□□□: 3 (of 29)

□□□□□/□□□: 3 (of 29)

□□□□□□: 58:47

□□□□:

Triathlon-Staffel

□□□□□: 3(of 29)

□□□□□□□: 58:47

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.50	11:26	0.00	17	3:13	17	3:13	0.50	11:26	0.00	28	1:25	28	1:25
Wechsel S->R	-	1:22	-	7	0:10	7	0:10	0.50	12:48	0.00	28	1:20	28	1:20
Schwimmen □□□	0.50	12:48	0.00	28	1:20	28	1:20	0.50	12:48	0.00	28	1:20	28	1:20
ZZ Rad	5.75	7:24	40.54	7	1:10	7	1:10	6.25	20:12	17.82	28	-	28	-
ZZ Rad	4.25	10:04	23.84	3	1:06	3	1:06	10.50	30:16	19.82	28	-	28	-
ZZ Rad	4.25	9:52	24.32	3	0:58	3	0:58	14.75	40:08	20.93	27	-	27	-
Rad Ziel	5.75	7:51	38.22	3	1:01	3	1:01	20.50	47:59	25.01	27	-	27	-
Rad □	20.00	35:11	34.11	3	4:15	3	4:15	20.50	47:59	25.01	27	-	27	-
Wechsel R->L	-	0:30	-	2	0:01	2	0:01	20.50	48:29	24.75	27	-	27	-
Rad □□□	20.00	35:41	33.63	3	4:09	3	4:09	20.50	48:29	24.75	27	-	27	-
ZZ Lauf	2.50	10:04	11.92	9	5:18	9	5:18	23.00	58:33	23.57	27	-	27	-
Lauf Ziel	2.50	11:06	10.81	5	2:42	5	2:42	25.50	1:09:39	21.54	3	10:52	3	10:52
Lauf □□□	5.00	21:10	14.17	6	6:16	6	6:16	25.50	1:09:39	21.54	3	10:52	3	10:52