



# 11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Trometer, Reiner

000: 1:30:37

00: 314

00: 25.50 km

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

00000/000: 240 (of 313)

00000/0: 192 (of 231)

000000: 58:01

0000:

Senioren 4 (TM 55)

00000: 15(of 21)

0000000: 1:09:46

0000

0000

000

| 000            | 00    | 00    | 00    | 00 | 00   | 00  | 00    | 000   | 000     | 000   | 00 | 00    | 00  | 00    |
|----------------|-------|-------|-------|----|------|-----|-------|-------|---------|-------|----|-------|-----|-------|
|                | km    | 00    | km/h  | -  | -    | 0   | 0     | km    | 00      | km/h  | -  | -     | 0   | 0     |
| Schwimmen nett | 0.50  | 13:51 | 2.17  | 17 | 6:02 | 202 | 6:48  | 0.50  | 13:51   | 2.17  | 22 | 0:30  | 232 | 4:13  |
| Wechsel S->R   | -     | 3:41  | -     | 16 | 1:54 | 184 | 2:33  | 0.50  | 17:32   | 1.71  | 22 | 1:35  | 232 | 5:40  |
| Schwimmen 000  | 0.50  | 17:32 | 1.71  | 22 | 1:35 | 232 | 5:40  | 0.50  | 17:32   | 1.71  | 22 | 1:35  | 232 | 5:40  |
| ZZ Rad         | 5.75  | 8:36  | 40.12 | 13 | 1:24 | 171 | 2:10  | 6.25  | 26:08   | 14.35 | 22 | 2:25  | 232 | 6:54  |
| ZZ Rad         | 4.25  | 11:50 | 21.55 | 11 | 1:45 | 162 | 2:35  | 10.50 | 37:58   | 16.59 | 22 | 3:15  | 227 | 8:39  |
| ZZ Rad         | 4.25  | 11:55 | 21.40 | 12 | 1:50 | 167 | 2:36  | 14.75 | 49:53   | 17.74 | 22 | 3:51  | 227 | 10:33 |
| Rad Ziel       | 5.75  | 9:23  | 36.77 | 13 | 1:22 | 165 | 4:46  | 20.50 | 59:16   | 20.75 | 22 | 4:15  | 232 | 12:08 |
| Rad 0          | 20.00 | 41:44 | 28.75 | 12 | 6:06 | 167 | 23:35 | 20.50 | 59:16   | 20.75 | 22 | 4:15  | 232 | 12:08 |
| Wechsel R->L   | -     | 1:20  | -     | 15 | 0:40 | 165 | 0:51  | 20.50 | 1:00:36 | 20.30 | 22 | 4:08  | 229 | 12:32 |
| Rad 000        | 20.00 | 43:04 | 27.86 | 12 | 6:16 | 167 | 22:52 | 20.50 | 1:00:36 | 20.30 | 22 | 4:08  | 229 | 12:32 |
| ZZ Lauf        | 2.50  | 14:34 | 10.30 | 16 | 4:34 | 198 | 6:35  | 23.00 | 1:15:10 | 18.36 | 22 | 7:04  | 228 | 18:15 |
| Lauf Ziel      | 2.50  | 15:27 | 9.71  | 14 | 4:48 | 199 | 6:54  | 25.50 | 1:30:37 | 16.88 | 15 | 20:51 | 192 | 32:36 |
| Lauf 000       | 5.00  | 30:01 | 9.99  | 15 | 9:07 | 198 | 13:22 | 25.50 | 1:30:37 | 16.88 | 15 | 20:51 | 192 | 32:36 |