



# 11. Triathlon Lorsch

Lorsch / 10.08.2014

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## Team Zarza & Zarza

□□□: 1:11:02

□□: Team Zarza & Zarza

□□: 364

□□: 25.50 km

Triathlonstaffel

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Triathlon-Staffel

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| □□□            | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□<br>km | □□□<br>□□ | □□□<br>km/h | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|----------------|----------|----------|------------|---------|---------|-----------|-----------|-----------|-----------|-------------|---------|---------|-----------|-----------|
| Schwimmen nett | 0.50     | 10:48    | 0.00       | 11      | 2:35    | 11        | 2:35      | 0.50      | 10:48     | 0.00        | 27      | 0:47    | 27        | 0:47      |
| Wechsel S->R   | -        | 1:12     | -          | 1       | -       | 1         | -         | 0.50      | 12:00     | 0.00        | 27      | 0:32    | 27        | 0:32      |
| Schwimmen □□□  | 0.50     | 12:00    | 0.00       | 27      | 0:32    | 27        | 0:32      | 0.50      | 12:00     | 0.00        | 27      | 0:32    | 27        | 0:32      |
| ZZ Rad         | 5.75     | 7:17     | 41.19      | 3       | 1:03    | 3         | 1:03      | 6.25      | 19:17     | 18.67       | 27      |         | 27        |           |
| ZZ Rad         | 4.25     | 10:12    | 23.53      | 4       | 1:14    | 4         | 1:14      | 10.50     | 29:29     | 20.35       | 27      |         | 27        |           |
| ZZ Rad         | 4.25     | 10:18    | 23.30      | 4       | 1:24    | 4         | 1:24      | 14.75     | 39:47     | 21.11       | 26      |         | 26        |           |
| Rad Ziel       | 5.75     | 7:56     | 37.82      | 4       | 1:06    | 4         | 1:06      | 20.50     | 47:43     | 25.15       | 26      |         | 26        |           |
| Rad □          | 20.00    | 35:43    | 33.60      | 4       | 4:47    | 4         | 4:47      | 20.50     | 47:43     | 25.15       | 26      |         | 26        |           |
| Wechsel R->L   | -        | 0:40     | -          | 18      | 0:11    | 18        | 0:11      | 20.50     | 48:23     | 24.80       | 26      |         | 26        |           |
| Rad □□□        | 20.00    | 36:23    | 32.98      | 4       | 4:51    | 4         | 4:51      | 20.50     | 48:23     | 24.80       | 26      |         | 26        |           |
| ZZ Lauf        | 2.50     | 11:06    | 10.81      | 12      | 6:20    | 12        | 6:20      | 23.00     | 59:29     | 23.20       | 26      |         | 26        |           |
| Lauf Ziel      | 2.50     | 11:33    | 10.39      | 7       | 3:09    | 7         | 3:09      | 25.50     | 1:11:02   | 21.12       | 4       | 12:15   | 4         | 12:15     |
| Lauf □□□       | 5.00     | 22:39    | 13.25      | 9       | 7:45    | 9         | 7:45      | 25.50     | 1:11:02   | 21.12       | 4       | 12:15   | 4         | 12:15     |