



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Team Thomas & Nandakumar

□□□: 1:26:36

□□: Team Thomas & Nandakumar

□□: 361

□□: 25.50 km

Triathlonstaffel

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□□□□□□: 58:47

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Triathlon-Staffel

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.50	14:26	0.00	26	6:13	26	6:13	0.50	14:26	0.00	8	4:25	8	4:25
Wechsel S->R	-	1:42	-	23	0:30	23	0:30	0.50	16:08	0.00	8	4:40	8	4:40
Schwimmen □□□	0.50	16:08	0.00	8	4:40	8	4:40	0.50	16:08	0.00	8	4:40	8	4:40
ZZ Rad	5.75	8:30	35.29	17	2:16	17	2:16	6.25	24:38	14.61	8	3:19	8	3:19
ZZ Rad	4.25	12:51	18.68	21	3:53	21	3:53	10.50	37:29	16.01	8	2:21	8	2:21
ZZ Rad	4.25	12:35	19.07	18	3:41	18	3:41	14.75	50:04	16.78	7	0:41	7	0:41
Rad Ziel	5.75	9:49	30.56	18	2:59	18	2:59	20.50	59:53	20.04	7		7	
Rad □	20.00	43:45	27.43	19	12:49	19	12:49	20.50	59:53	20.04	7		7	
Wechsel R->L	-	0:33	-	4	0:04	4	0:04	20.50	1:00:26	19.86	7		7	
Rad □□□	20.00	44:18	27.09	18	12:46	18	12:46	20.50	1:00:26	19.86	7		7	
ZZ Lauf	2.50	11:47	10.18	20	7:01	20	7:01	23.00	1:12:13	19.11	7	1:42	7	1:42
Lauf Ziel	2.50	14:23	8.34	20	5:59	20	5:59	25.50	1:26:36	17.32	23	27:49	23	27:49
Lauf □□□	5.00	26:10	11.46	20	11:16	20	11:16	25.50	1:26:36	17.32	23	27:49	23	27:49