



# 11. Triathlon Lorsch

Lorsch / 10.08.2014

Team

Team Thomas & Nandakumar

Time: 1:26:36

Team: Team Thomas & Nandakumar

Number: 361

Distance: 25.50 km

Triathlonstaffel

Participants: 23 (of 29)

Participants: 23 (of 29)

Time: 58:47

Team

Triathlon-Staffel

Participants: 23(of 29)

Time: 58:47

Team

Team

Team

Activity	km	Time	km/h	-	-	Participants	Participants	km	Time	km/h	-	-	Participants	Participants
Schwimmen nett	0.50	14:26	2.08	26	6:13	26	6:13	0.50	14:26	2.08	8	4:25	8	4:25
Wechsel S->R	-	1:42	-	23	0:30	23	0:30	0.50	16:08	1.86	8	4:40	8	4:40
Schwimmen	0.50	16:08	1.86	8	4:40	8	4:40	0.50	16:08	1.86	8	4:40	8	4:40
ZZ Rad	5.75	8:30	40.59	17	2:16	17	2:16	6.25	24:38	15.22	8	3:19	8	3:19
ZZ Rad	4.25	12:51	19.84	21	3:53	21	3:53	10.50	37:29	16.81	8	2:21	8	2:21
ZZ Rad	4.25	12:35	20.26	18	3:41	18	3:41	14.75	50:04	17.68	7	0:41	7	0:41
Rad Ziel	5.75	9:49	35.14	18	2:59	18	2:59	20.50	59:53	20.54	7		7	
Rad	20.00	43:45	27.43	19	12:49	19	12:49	20.50	59:53	20.54	7		7	
Wechsel R->L	-	0:33	-	4	0:04	4	0:04	20.50	1:00:26	20.35	7		7	
Rad	20.00	44:18	27.09	18	12:46	18	12:46	20.50	1:00:26	20.35	7		7	
ZZ Lauf	2.50	11:47	12.73	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	10.43	20	5:59	20	5:59	25.50	1:26:36	17.67	23	27:49	23	27:49
Lauf	5.00	26:10	11.46	20	11:16	20	11:16	25.50	1:26:36	17.67	23	27:49	23	27:49