



# 11. Triathlon Lorsch

Lorsch / 10.08.2014

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## Team Hick, Rossrucker & Hölzel

□□□: 1:26:52

□□: Team Hick, Rossrucker & Hölzel

□□: 352

□□: 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     | 11:01    | 0.00       | 12      | 2:48    | 12        | 2:48      | 0.50      | 11:01     | 0.00        | 7       | 1:00    | 7         | 1:00      |
| Wechsel S->R   | -        | 1:39     | -          | 21      | 0:27    | 21        | 0:27      | 0.50      | 12:40     | 0.00        | 7       | 1:12    | 7         | 1:12      |
| Schwimmen □□□  | 0.50     | 12:40    | 0.00       | 7       | 1:12    | 7         | 1:12      | 0.50      | 12:40     | 0.00        | 7       | 1:12    | 7         | 1:12      |
| ZZ Rad         | 5.75     | 8:53     | 33.77      | 23      | 2:39    | 23        | 2:39      | 6.25      | 21:33     | 16.71       | 7       | 0:14    | 7         | 0:14      |
| ZZ Rad         | 4.25     | 13:21    | 17.98      | 24      | 4:23    | 24        | 4:23      | 10.50     | 34:54     | 17.19       | 7       |         | 7         |           |
| ZZ Rad         | 4.25     | 13:57    | 17.20      | 24      | 5:03    | 24        | 5:03      | 14.75     | 48:51     | 17.20       | 6       |         | 6         |           |
| Rad Ziel       | 5.75     | 10:39    | 28.17      | 22      | 3:49    | 22        | 3:49      | 20.50     | 59:30     | 20.17       | 6       |         | 6         |           |
| Rad □          | 20.00    | 46:50    | 25.62      | 24      | 15:54   | 24        | 15:54     | 20.50     | 59:30     | 20.17       | 6       |         | 6         |           |
| Wechsel R->L   | -        | 0:34     | -          | 7       | 0:05    | 7         | 0:05      | 20.50     | 1:00:04   | 19.98       | 6       |         | 6         |           |
| Rad □□□        | 20.00    | 47:24    | 25.32      | 24      | 15:52   | 24        | 15:52     | 20.50     | 1:00:04   | 19.98       | 6       |         | 6         |           |
| ZZ Lauf        | 2.50     | 12:20    | 9.73       | 22      | 7:34    | 22        | 7:34      | 23.00     | 1:12:24   | 19.06       | 6       | 1:53    | 6         | 1:53      |
| Lauf Ziel      | 2.50     | 14:28    | 8.29       | 21      | 6:04    | 21        | 6:04      | 25.50     | 1:26:52   | 17.27       | 24      | 28:05   | 24        | 28:05     |
| Lauf □□□       | 5.00     | 26:48    | 11.19      | 23      | 11:54   | 23        | 11:54     | 25.50     | 1:26:52   | 17.27       | 24      | 28:05   | 24        | 28:05     |