



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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| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ km | □□□ □□ | □□□ km/h | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|------------|---------|---------|-----------|-----------|-----------|-----------|-------------|---------|---------|-----------|-----------|
| 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 |