



11. Triathlon Lorsch

Lorsch / 10.08.2014

□□□□

Team Skiclub Heppenheim

□□□: 1:35:32

□□: Team Skiclub Heppenheim

□□: 342

□□: 25.50 km

Triathlonstaffel

□□□□□/□□□: 27 (of 29)

□□□□□/□□□: 27 (of 29)

□□□□□□: 58:47

□□□□:

Triathlon-Staffel

□□□□□: 27(of 29)

□□□□□□□: 58:47

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.50	14:58	0.00	27	6:45	27	6:45	0.50	14:58	0.00	4	4:57	4	4:57
Wechsel S->R	-	1:53	-	24	0:41	24	0:41	0.50	16:51	0.00	4	5:23	4	5:23
Schwimmen □□□	0.50	16:51	0.00	4	5:23	4	5:23	0.50	16:51	0.00	4	5:23	4	5:23
ZZ Rad	5.75	9:26	31.80	26	3:12	26	3:12	6.25	26:17	13.70	4	4:58	4	4:58
ZZ Rad	4.25	13:54	17.27	27	4:56	27	4:56	10.50	40:11	14.93	4	5:03	4	5:03
ZZ Rad	4.25	14:17	16.80	26	5:23	26	5:23	14.75	54:28	15.42	3	5:05	3	5:05
Rad Ziel	5.75	10:58	27.36	26	4:08	26	4:08	20.50	1:05:26	18.34	3	5:18	3	5:18
Rad □	20.00	48:35	24.70	25	17:39	25	17:39	20.50	1:05:26	18.34	3	5:18	3	5:18
Wechsel R->L	-	4:52	-	27	4:23	27	4:23	20.50	1:10:18	17.07	3	9:36	3	9:36
Rad □□□	20.00	53:27	22.45	28	21:55	28	21:55	20.50	1:10:18	17.07	3	9:36	3	9:36
ZZ Lauf	2.50	9:07	13.16	3	4:21	3	4:21	23.00	1:19:25	17.38	3	8:54	3	8:54
Lauf Ziel	2.50	16:07	7.45	27	7:43	27	7:43	25.50	1:35:32	15.70	27	36:45	27	36:45
Lauf □□□	5.00	25:14	11.89	19	10:20	19	10:20	25.50	1:35:32	15.70	27	36:45	27	36:45