



# 11. Triathlon Lorsch

Lorsch / 10.08.2014

□□□□

## Team Knobloch I

□□□: 1:36:24

□□: Team Knobloch I

□□: 347

□□: 25.50 km

Triathlonstaffel

□□□□□/□□□: 28 (of 29)

□□□□□/□□□: 28 (of 29)

□□□□□□: 58:47

□□□□:

Triathlon-Staffel

□□□□□: 28(of 29)

□□□□□□□: 58:47

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.50	13:38	0.00	23	5:25	23	5:25	0.50	13:38	0.00	3	3:37	3	3:37
Wechsel S->R	-	1:15	-	3	0:03	3	0:03	0.50	14:53	0.00	3	3:25	3	3:25
Schwimmen □□□	0.50	14:53	0.00	3	3:25	3	3:25	0.50	14:53	0.00	3	3:25	3	3:25
ZZ Rad	5.75	9:35	31.30	27	3:21	27	3:21	6.25	24:28	14.71	3	3:09	3	3:09
ZZ Rad	4.25	14:42	16.33	28	5:44	28	5:44	10.50	39:10	15.32	3	4:02	3	4:02
ZZ Rad	4.25	14:54	16.11	27	6:00	27	6:00	14.75	54:04	15.54	2	4:41	2	4:41
Rad Ziel	5.75	11:21	26.43	27	4:31	27	4:31	20.50	1:05:25	18.34	2	5:17	2	5:17
Rad □	20.00	50:32	23.75	27	19:36	27	19:36	20.50	1:05:25	18.34	2	5:17	2	5:17
Wechsel R->L	-	0:35	-	9	0:06	9	0:06	20.50	1:06:00	18.18	2	5:18	2	5:18
Rad □□□	20.00	51:07	23.48	26	19:35	26	19:35	20.50	1:06:00	18.18	2	5:18	2	5:18
ZZ Lauf	2.50	14:08	8.49	27	9:22	27	9:22	23.00	1:20:08	17.22	2	9:37	2	9:37
Lauf Ziel	2.50	16:16	7.38	28	7:52	28	7:52	25.50	1:36:24	15.56	28	37:37	28	37:37
Lauf □□□	5.00	30:24	9.87	28	15:30	28	15:30	25.50	1:36:24	15.56	28	37:37	28	37:37