



11. Triathlon Lorsch

Lorsch / 10.08.2014

Stauch, Frank

Stauch, Frank

1:41:24

18

25.50 km

Lorsch Triathlon 0,5-20,0-5,0

292 (of 313)

217 (of 231)

58:01

Senioren 2 (TM 45)

37(of 39)

1:07:30

Stauch, Frank

Stauch, Frank

Stauch, Frank

Stauch, Frank	km	km/h	-	-	km	km/h	-	-	km	km/h	-	-	km	km/h
Schwimmen nett	0.50	16:52	1.78	39	8:13	227	9:49	0.50	16:52	1.78	40	4:38	39	7:14
Wechsel S->R	-	4:22	-	37	2:46	211	3:14	0.50	21:14	1.41	40	6:40	39	9:22
Schwimmen	0.50	21:14	1.41	40	6:40	39	9:22	0.50	21:14	1.41	40	6:40	39	9:22
ZZ Rad	5.75	10:03	34.33	37	2:46	222	3:37	6.25	31:17	11.99	40	8:56	39	12:03
ZZ Rad	4.25	12:12	20.90	31	2:18	178	2:57	10.50	43:29	14.49	39	9:55	38	14:10
ZZ Rad	4.25	13:31	18.87	37	3:37	214	4:12	14.75	57:00	15.53	39	12:16	38	17:40
Rad Ziel	5.75	10:34	32.65	37	2:49	213	5:57	20.50	1:07:34	18.20	40	13:57	39	20:26
Rad	20.00	46:20	25.90	37	11:28	213	28:11	20.50	1:07:34	18.20	40	13:57	39	20:26
Wechsel R->L	-	2:14	-	36	1:43	221	1:45	20.50	1:09:48	17.62	39	15:01	38	21:44
Rad	20.00	48:34	24.71	37	12:55	213	28:22	20.50	1:09:48	17.62	39	15:01	38	21:44
ZZ Lauf	2.50	15:20	9.78	35	6:03	211	7:21	23.00	1:25:08	16.21	39	20:07	38	28:13
Lauf Ziel	2.50	16:16	9.22	36	6:46	206	7:43	25.50	1:41:24	15.09	37	33:54	217	43:23
Lauf	5.00	31:36	9.49	36	12:49	209	14:57	25.50	1:41:24	15.09	37	33:54	217	43:23