



11. Triathlon Lorsch

Lorsch / 10.08.2014

□□□□

Dechant, Danny

□□□: 1:21:47

□□: Team Body-Attack

□□: 89

□□: 25.50 km

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

□□□□□/□□□: 162 (of 313)

□□□□□/□: 23 (of 82)

□□□□□□: 1:06:42

□□□□:

□□□□□: 7(of 13)

weibliche AK 3 (TW 30)

□□□□□□□: 1:10:40

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:40	2.57	11	1:39	31	4:55	0.50	11:40	2.57	3	1:07	83	
Wechsel S->R	-	1:47	-	2	0:04	4	0:17	0.50	13:27	2.23	5	1:01	83	
Schwimmen □□□	0.50	13:27	2.23	5	1:01	83		0.50	13:27	2.23	5	1:01	83	
ZZ Rad	5.75	8:20	41.40	3	0:38	16	1:00	6.25	21:47	17.21	5	1:36	83	
ZZ Rad	4.25	13:07	19.44	12	2:25	57	3:04	10.50	34:54	18.05	5	4:01	83	
ZZ Rad	4.25	11:47	21.64	6	1:10	25	1:44	14.75	46:41	18.96	5	5:11	83	
Rad Ziel	5.75	9:16	37.23	6	0:54	22	1:18	20.50	55:57	21.98	5	5:59	83	
Rad □	20.00	42:30	28.24	7	4:58	30	7:06	20.50	55:57	21.98	5	5:59	83	
Wechsel R->L	-	1:00	-	5	0:25	22	0:25	20.50	56:57	21.60	5	5:31	83	
Rad □□□	20.00	43:30	27.59	7	4:45	29	7:25	20.50	56:57	21.60	5	5:31	83	
ZZ Lauf	2.50	12:09	12.35	5	3:16	22	3:16	23.00	1:09:06	19.97	5	6:45	83	
Lauf Ziel	2.50	12:41	11.83	6	3:26	21	3:26	25.50	1:21:47	18.71	7	11:07	23	15:05
Lauf □□□	5.00	24:50	12.08	5	6:42	21	6:42	25.50	1:21:47	18.71	7	11:07	23	15:05