



11. Triathlon Lorsch

Lorsch / 10.08.2014

Becker, Rüdiger

Yvo Tria Spechbach

125

25.50 km

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

Senioren 1 (TM 40)

1:09:42

30 (of 313)

28 (of 231)

58:01

5(of 38)

1:05:31

Results

Rank

Time

Activity	km	Time	km/h	-	-	Rank	Time	km	Time	km/h	-	-	Rank	Time
Schwimmen nett	0.50	9:31	3.15	12	2:13	39	2:28	0.50	9:31	3.15	39	0:30	232	
Wechsel S->R	-	2:00	-	7	0:17	40	0:52	0.50	11:31	2.60	39	0:40	232	
Schwimmen	0.50	11:31	2.60	39	0:40	232		0.50	11:31	2.60	39	0:40	232	
ZZ Rad	5.75	7:13	47.81	4	0:29	19	0:47	6.25	18:44	20.02	39	0:28	232	
ZZ Rad	4.25	10:00	25.50	6	0:25	19	0:45	10.50	28:44	21.93	39	0:39	227	
ZZ Rad	4.25	10:02	25.42	6	0:32	22	0:43	14.75	38:46	22.83	39	0:53	227	
Rad Ziel	5.75	7:51	43.95	4	0:32	20	3:14	20.50	46:37	26.39	39	0:48	232	
Rad	20.00	35:06	34.19	6	1:46	24	16:57	20.50	46:37	26.39	39	0:48	232	
Wechsel R->L	-	1:15	-	29	0:46	147	0:46	20.50	47:52	25.70	39	1:17	229	
Rad	20.00	36:21	33.01	6	2:18	28	16:09	20.50	47:52	25.70	39	1:17	229	
ZZ Lauf	2.50	10:18	14.56	5	0:44	38	2:19	23.00	58:10	23.72	39	2:00	228	1:15
Lauf Ziel	2.50	11:32	13.01	16	1:49	75	2:59	25.50	1:09:42	21.95	5	4:11	28	11:41
Lauf	5.00	21:50	13.74	11	2:33	56	5:11	25.50	1:09:42	21.95	5	4:11	28	11:41