



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Gerhardt, Sven

000: 1:13:13

00: RSC Ladenburg

00: 184

00: 25.50 km

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

00000/000: 85 (of 340)

00000/0: 80 (of 251)

000000: 59:47

0000:

00000: 14(of 25)

männliche AK 4 (TM 35)

0000000: 1:04:22

0000

0000

000

000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	9:47	3.07	12	1:12	55	2:03	0.50	9:47	3.07	26	1:12	252	2:03	
Wechsel S -> R	-	2:30	-	13	0:53	103	1:07	0.50	12:17	2.44	26	2:01	251	2:53	
Schwimmen 000	0.50	12:17	2.44	26	2:01	251	2:53	0.50	12:17	2.44	26	2:01	251	2:53	
Rad netto	20.00	35:08	34.16	6	2:26	60	32:32	20.50	47:25	25.94	26	4:08	52	29:50	
Wechsel R -> L	-	1:06	-	14	0:30	128	0:37	20.50	48:31	25.35	26	4:08	55	29:22	
Rad 000	20.00	36:14	33.12	7	2:07	61	32:04	20.50	48:31	25.35	26	4:08	55	29:22	
Lauf	5.00	24:42	12.15	21	4:43	153	10:56	25.50	1:13:13	20.90	14	8:51	82	32:21	