



12. Lorsch Triathlon

Lorsch / 02.08.2015

Steinebach, Ulf

SC Westerburg

187

25.50 km

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

Senioren 1 (TM 40)

1:15:40

128 (of 340)

117 (of 251)

59:47

22(of 40)

1:03:03

km

km/h

km

km	km/h	km	km/h	km	km/h	km	km/h	km	km/h	km	km/h	km	km/h	km	km/h
Schwimmen nett	0.50	11:26	2.62	27	2:51	149	3:42	0.50	11:26	2.62	41	2:51	252	3:42	
Wechsel S -> R	-	2:42	-	21	1:15	125	1:19	0.50	14:08	2.12	41	3:47	251	4:44	
Schwimmen	0.50	14:08	2.12	41	3:47	251	4:44	0.50	14:08	2.12	41	3:47	251	4:44	
Rad netto	20.00	36:41	32.71	19	5:40	106	34:05	20.50	50:49	24.20	18	8:39	118	33:14	
Wechsel R -> L	-	1:16	-	32	0:45	171	0:47	20.50	52:05	23.62	19	9:24	122	32:56	
Rad	20.00	37:57	31.62	18	6:11	107	33:47	20.50	52:05	23.62	19	9:24	122	32:56	
Lauf	5.00	23:35	12.72	23	5:54	113	9:49	25.50	1:15:40	20.22	22	12:37	119	34:48	