



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Köhler, Thomas

000: 1:19:04

00: 216

00: 25.50 km

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

00000/000: 180 (of 340)

00000/0: 160 (of 251)

000000: 59:47

0000:

00000: 28(of 40)

Senioren 1 (TM 40)

0000000: 1:03:03

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	11:35	2.59	28	3:00	152	3:51	0.50	11:35	2.59	41	3:00	252	3:51	
Wechsel S -> R	-	3:20	-	32	1:53	196	1:57	0.50	14:55	2.01	41	4:34	251	5:31	
Schwimmen 000	0.50	14:55	2.01	41	4:34	251	5:31	0.50	14:55	2.01	41	4:34	251	5:31	
Rad netto	20.00	36:25	32.95	16	5:24	97	33:49	20.50	51:20	23.96	41	9:10	251	33:45	
Wechsel R -> L	-	1:13	-	31	0:42	160	0:44	20.50	52:33	23.41	41	9:52	251	33:24	
Rad 000	20.00	37:38	31.89	16	5:52	100	33:28	20.50	52:33	23.41	41	9:52	251	33:24	
Lauf	5.00	26:31	11.31	33	8:50	185	12:45	25.50	1:19:04	19.35	28	16:01	162	38:12	