



12. Lorsch Triathlon

Lorsch / 02.08.2015

Moeller, Dr. Klaus-Ulrich

Moeller, Dr. Klaus-Ulrich

1:29:42

203

25.50 km

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

289 (of 340)

226 (of 251)

59:47

Senioren 5 (TM 60)

10(of 13)

1:09:08

Moeller, Dr. Klaus-Ulrich

1:29:42

203

	km	km/h	-	-			km	km/h	-	-		
Schwimmen nett	0.50	13:13	2.27	10	3:42	214	0.50	13:13	2.27	14	3:42	252
Wechsel S -> R	-	3:18	-	10	1:35	193	0.50	16:31	1.82	14	5:10	251
Schwimmen	0.50	16:31	1.82	14	5:10	251	0.50	16:31	1.82	14	5:10	251
Rad netto	20.00	40:17	29.79	10	5:58	204	20.50	56:48	21.65	14	11:08	251
Wechsel R -> L	-	1:39	-	12	1:02	218	20.50	58:27	21.04	14	11:52	210
Rad	20.00	41:56	28.62	10	6:42	211	20.50	58:27	21.04	14	11:52	210
Lauf	5.00	31:15	9.60	12	10:27	237	25.50	1:29:42	17.06	10	20:34	229