



12. Lorsch Triathlon

Lorsch / 02.08.2015

Stapler, Wolfgang

Stapler, Wolfgang

1:31:05

226

25.50 km

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

297 (of 340)

230 (of 251)

59:47

7 (of 8)

1:17:27

Senioren 6 (TM 65)

Stapler, Wolfgang

1:31:05

226

	km	km/h	-	-			km	km/h	-	-		
Schwimmen nett	0.50	14:40	2.05	8	4:32	242	0.50	14:40	2.05	9	4:32	252
Wechsel S -> R	-	4:09	-	8	1:50	234	0.50	18:49	1.59	9	5:52	251
Schwimmen	0.50	18:49	1.59	9	5:52	251	0.50	18:49	1.59	9	5:52	251
Rad netto	20.00	39:21	30.50	7	3:38	190	20.50	58:10	21.15	9	7:22	251
Wechsel R -> L	-	1:45	-	6	1:07	226	20.50	59:55	20.53	9	7:08	251
Rad	20.00	41:06	29.20	7	4:02	198	20.50	59:55	20.53	9	7:08	251
Lauf	5.00	31:10	9.63	7	8:32	236	25.50	1:31:05	16.80	7	13:38	233