



12. Lorsch Triathlon

Lorsch / 02.08.2015

Wachtel

Charly

1:13:14

251

25.50 km

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

86 (of 340)

81 (of 251)

59:47

2 (of 18)

1:06:46

Senioren

4 (TM 55)

Wachtel

Charly

1:13:14

	km	km/h	-	-			km	km/h	-	-				
	km	km/h	-	-			km	km/h	-	-				
Schwimmen nett	0.50	10:17	2.92	5	1:10	87	2:33	0.50	10:17	2.92	19	1:10	87	2:33
Wechsel S -> R	-	2:23	-	3	0:59	88	1:00	0.50	12:40	2.37	19	1:44	251	3:16
Schwimmen	0.50	12:40	2.37	19	1:44	251	3:16	0.50	12:40	2.37	19	1:44	251	3:16
Rad netto	20.00	34:06	35.19	1	-	32	31:30	20.50	46:46	26.30	19	1:18	251	29:11
Wechsel R -> L	-	0:54	-	4	0:11	83	0:25	20.50	47:40	25.80	19	1:29	251	28:31
Rad	20.00	35:00	34.29	1	-	30	30:50	20.50	47:40	25.80	19	1:29	251	28:31
Lauf	5.00	25:34	11.73	8	11:48	172	11:48	25.50	1:13:14	20.89	3	6:28	83	32:22