



12. Lorsch Triathlon

Lorsch / 02.08.2015

Ermer, Jörg

Ermer, Jörg

Turnerschaft Langenau

318

25.50 km

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

Senioren 1 (TM 40)

1:04:58

14 (of 340)

13 (of 251)

59:47

5 (of 40)

1:03:03

Ermer, Jörg

Ermer, Jörg

Ermer, Jörg

Ermer, Jörg	km	km/h	-	-	km	km/h	-	-	km	km/h	-	-	km	km/h
Schwimmen nett	0.50	9:31	3.15	7	0:56	38	1:47	0.50	9:31	3.15	41	0:56	38	1:47
Wechsel S -> R	-	1:38	-	2	0:11	12	0:15	0.50	11:09	2.69	41	0:48	251	1:45
Schwimmen	0.50	11:09	2.69	41	0:48	251	1:45	0.50	11:09	2.69	41	0:48	251	1:45
Rad netto	20.00	33:10	36.18	4	2:09	17	30:34	20.50	44:19	27.75	41	2:09	251	26:44
Wechsel R -> L	-	0:46	-	12	0:15	45	0:17	20.50	45:05	27.28	41	2:24	251	25:56
Rad	20.00	33:56	35.36	4	2:10	14	29:46	20.50	45:05	27.28	41	2:24	251	25:56
Lauf	5.00	19:53	15.09	4	2:12	20	6:07	25.50	1:04:58	23.55	5	1:55	14	24:06