



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Banacki, Roger

000: 1:26:41

00: SK 1962 Ladenburg

00: 255

00: 25.50 km

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

00000/000: 260 (of 340)

00000/0: 212 (of 251)

000000: 59:47

0000:

00000: 33(of 37)

Senioren 3 (TM 50)

0000000: 1:02:45

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	14:22	0.00	36	6:06	237	6:38	0.50	14:22	0.00	38	6:06	237	6:38	
Wechsel S -> R	-	4:14	-	34	2:46	236	2:51	0.50	18:36	0.00	38	8:52	251	9:12	
Schwimmen 000	0.50	18:36	0.00	38	8:52	251	9:12	0.50	18:36	0.00	38	8:52	251	9:12	
Rad netto	20.00	41:26	28.96	35	9:20	221	38:50	20.50	1:00:02	19.99	38	17:57	251	42:27	
Wechsel R -> L	-	0:48	-	8	0:14	56	0:19	20.50	1:00:50	19.73	38	18:11	251	41:41	
Rad 000	20.00	42:14	28.41	35	9:34	217	38:04	20.50	1:00:50	19.73	38	18:11	251	41:41	
Lauf	5.00	25:51	11.61	24	7:35	178	12:05	25.50	1:26:41	17.30	33	23:56	215	45:49	