



# 12. Lorsch Triathlon

Lorsch / 02.08.2015

Slabke, Dr. Uwe

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

Slabke, Dr. Uwe

Senioren 2 (TM 45)

Slabke, Dr. Uwe

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|                           | km    | min   | km/h  | -  | -     | min | min   | km    | min     | km/h  | -  | -     | min | min   |
|---------------------------|-------|-------|-------|----|-------|-----|-------|-------|---------|-------|----|-------|-----|-------|
| Schwimmen nett            | 0.50  | 8:46  | 3.42  | 5  | 0:25  | 17  | 1:02  | 0.50  | 8:46    | 3.42  | 48 | 0:25  | 252 | 1:02  |
| Wechsel S -> R            | -     | 1:43  | -     | 3  | 0:13  | 17  | 0:20  | 0.50  | 10:29   | 2.86  | 48 | 0:38  | 251 | 1:05  |
| Schwimmen Slabke, Dr. Uwe | 0.50  | 10:29 | 2.86  | 48 | 0:38  | 251 | 1:05  | 0.50  | 10:29   | 2.86  | 48 | 0:38  | 251 | 1:05  |
| Rad netto                 | 20.00 | 33:32 | 35.79 | 5  | 30:56 | 20  | 30:56 | 20.50 | 44:01   | 27.94 | 48 | 26:26 | 251 | 26:26 |
| Wechsel R -> L            | -     | 0:43  | -     | 4  | 0:13  | 33  | 0:14  | 20.50 | 44:44   | 27.50 | 48 | 25:35 | 251 | 25:35 |
| Rad Slabke, Dr. Uwe       | 20.00 | 34:15 | 35.04 | 4  | 30:05 | 19  | 30:05 | 20.50 | 44:44   | 27.50 | 48 | 25:35 | 251 | 25:35 |
| Lauf                      | 5.00  | 24:42 | 12.15 | 28 | 5:57  | 153 | 10:56 | 25.50 | 1:09:26 | 22.04 | 8  | 28:34 | 41  | 28:34 |