



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Schwabe, Matthias

000: 1:09:33

00: bike-innovations.de

00: 331

00: 25.50 km

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

00000/000: 43 (of 340)

00000/0: 41 (of 251)

000000: 59:47

0000:

00000: 5(of 25)

männliche AK 4 (TM 35)

0000000: 1:04:22

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	9:04	3.31	3	0:29	22	1:20	0.50	9:04	3.31	26	0:29	252	1:20	
Wechsel S -> R	-	2:55	-	18	1:18	150	1:32	0.50	11:59	2.50	26	1:43	251	2:35	
Schwimmen 000	0.50	11:59	2.50	26	1:43	251	2:35	0.50	11:59	2.50	26	1:43	251	2:35	
Rad netto	20.00	32:42	36.70	1	-	13	30:06	20.50	44:41	27.53	26	1:24	251	27:06	
Wechsel R -> L	-	1:31	-	22	0:55	204	1:02	20.50	46:12	26.62	26	1:49	251	27:03	
Rad 000	20.00	34:13	35.07	2	0:06	18	30:03	20.50	46:12	26.62	26	1:49	251	27:03	
Lauf	5.00	23:21	12.85	16	3:22	107	9:35	25.50	1:09:33	22.00	5	5:11	42	28:41	