



12. Lorsch Triathlon

Lorsch / 02.08.2015

Abeling, Ralph

Abeling, Ralph

1:13:52

312

25.50 km

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

95 (of 340)

89 (of 251)

59:47

16(of 25)

1:04:22

männliche AK 4 (TM 35)

Abeling, Ralph

Abeling, Ralph

Abeling, Ralph

Abeling, Ralph	km	km/h	-	-	Abeling, Ralph	km	km/h	-	-	Abeling, Ralph	km	km/h	-	-
Schwimmen nett	0.50	10:50	2.77	17	2:15	112	3:06	0.50	10:50	2.77	26	2:15	252	3:06
Wechsel S -> R	-	2:38	-	15	1:01	118	1:15	0.50	13:28	2.23	26	3:12	251	4:04
Schwimmen	0.50	13:28	2.23	26	3:12	251	4:04	0.50	13:28	2.23	26	3:12	251	4:04
Rad netto	20.00	37:20	32.14	16	4:38	125	34:44	20.50	50:48	24.21	26	7:31	251	33:13
Wechsel R -> L	-	0:45	-	6	0:09	43	0:16	20.50	51:33	23.86	26	7:10	108	32:24
Rad	20.00	38:05	31.51	15	3:58	114	33:55	20.50	51:33	23.86	26	7:10	108	32:24
Lauf	5.00	22:19	13.44	9	2:20	75	8:33	25.50	1:13:52	20.71	16	9:30	91	33:00