



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Heid, Tobias

000: 1:13:59

00: 319

00: 25.50 km

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

00000/000: 98 (of 340)

00000/0: 92 (of 251)

000000: 59:47

0000:

00000: 8(of 21)

männliche AK 3 (TM 30)

0000000: 1:01:22

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	9:50	3.05	5	0:44	57	2:06	0.50	9:50	3.05	22	0:44	57	2:06	
Wechsel S -> R	-	2:05	-	4	0:30	49	0:42	0.50	11:55	2.52	22	1:14	251	2:31	
Schwimmen 000	0.50	11:55	2.52	22	1:14	251	2:31	0.50	11:55	2.52	22	1:14	251	2:31	
Rad netto	20.00	37:09	32.30	11	6:09	122	34:33	20.50	49:04	25.07	22	7:23	251	31:29	
Wechsel R -> L	-	0:43	-	4	0:08	33	0:14	20.50	49:47	24.71	22	7:31	251	30:38	
Rad 000	20.00	37:52	31.69	9	6:17	106	33:42	20.50	49:47	24.71	22	7:31	251	30:38	
Lauf	5.00	24:12	12.40	14	5:06	139	10:26	25.50	1:13:59	20.68	8	12:37	94	33:07	