



12. Lorsch Triathlon

Lorsch / 02.08.2015

Wetzel, Sebastian

Wetzel, Sebastian

1:15:37

298

25.50 km

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

männliche AK 3 (TM 30)

126 (of 340)

115 (of 251)

59:47

10(of 21)

1:01:22

Wetzel, Sebastian

Wetzel, Sebastian

Wetzel, Sebastian

Wetzel, Sebastian	km	km/h	-	-	Wetzel, Sebastian	km	km/h	-	-	Wetzel, Sebastian	km	km/h	-	-
Schwimmen nett	0.50	11:06	2.70	12	2:00	132	3:22	0.50	11:06	2.70	22	2:00	252	3:22
Wechsel S -> R	-	2:26	-	10	0:51	92	1:03	0.50	13:32	2.22	22	2:51	251	4:08
Schwimmen	0.50	13:32	2.22	22	2:51	251	4:08	0.50	13:32	2.22	22	2:51	251	4:08
Rad netto	20.00	35:04	34.22	6	4:04	59	32:28	20.50	48:36	25.31	22	6:55	251	31:01
Wechsel R -> L	-	1:43	-	20	1:08	224	1:14	20.50	50:19	24.45	22	8:03	251	31:10
Rad	20.00	36:47	32.62	6	5:12	76	32:37	20.50	50:19	24.45	22	8:03	251	31:10
Lauf	5.00	25:18	11.86	16	6:12	163	11:32	25.50	1:15:37	20.23	10	14:15	117	34:45