



12. Lorsch Triathlon

Lorsch / 02.08.2015

□□□□

Reiterfreunde des Palais von Hausen □□□: 1:04:50

□□: Reiterfreunde des Palais von Hausen

□□: 343

□□: 25.50 km

Triathlonstaffel

□□□□:

Triathlon-Staffel

□□□□□/□□□: 4 (of 25)

□□□□□/□□□: 4 (of 25)

□□□□□□: 57:18

□□□□□: 4(of 25)

□□□□□□□: 57:18

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □□ | □□ □□ | □□□ | □□□ km | □□□ □□ | □□□ km/h | □□ - | □□ - | □□ □□ | □□ □□ | |
|----------------|----------|----------|------------|---------|---------|----------|----------|-------|-----------|-----------|-------------|---------|---------|----------|----------|------|
| Schwimmen nett | 0.50 | 9:55 | 0.00 | 8 | 3:03 | 8 | 3:03 | 0.50 | 9:55 | 0.00 | 8 | 3:03 | 8 | 3:03 | 8 | 3:03 |
| Wechsel S -> R | - | 1:15 | - | 4 | 0:04 | 4 | 0:04 | 0.50 | 11:10 | 0.00 | 7 | 2:49 | 7 | 2:49 | 7 | 2:49 |
| Schwimmen □□□ | 0.50 | 11:10 | 0.00 | 7 | 2:49 | 7 | 2:49 | 0.50 | 11:10 | 0.00 | 7 | 2:49 | 7 | 2:49 | 7 | 2:49 |
| Rad netto | 20.00 | 34:24 | 34.88 | 7 | 4:16 | 7 | 4:16 | 20.50 | 45:34 | 26.34 | 6 | 7:05 | 6 | 7:05 | 6 | 7:05 |
| Wechsel R -> L | - | 0:30 | - | 8 | 0:06 | 8 | 0:06 | 20.50 | 46:04 | 26.05 | 6 | 7:01 | 6 | 7:01 | 6 | 7:01 |
| Rad □□□ | 20.00 | 34:54 | 34.38 | 7 | 4:12 | 7 | 4:12 | 20.50 | 46:04 | 26.05 | 6 | 7:01 | 6 | 7:01 | 6 | 7:01 |
| Lauf | 5.00 | 18:46 | 15.99 | 3 | 0:31 | 3 | 0:31 | 25.50 | 1:04:50 | 23.14 | 4 | 7:32 | 4 | 7:32 | 4 | 7:32 |