



12. Lorsche Triathlon

Lorsch / 02.08.2015

Stegmann, Bernd

SV Nikar Heidelberg

366

25.50 km

Lorsche Triathlon 0,5-20,0-5,0

Senioren 5 (TM 60)

1:10:29

48 (of 340)

45 (of 251)

59:47

2 (of 13)

1:09:08

Stegmann, Bernd

Stegmann, Bernd

Stegmann, Bernd

Stegmann, Bernd	km	km/h	-	-	km	km/h	-	-	km	km/h	-	-	km	km/h
Schwimmen nett	0.50	9:31	3.15	1	-	38	1:47	0.50	9:31	3.15	1	-	38	1:47
Wechsel S -> R	-	1:50	-	2	0:07	26	0:27	0.50	11:21	2.64	1	-	30	1:57
Schwimmen	0.50	11:21	2.64	1	-	30	1:57	0.50	11:21	2.64	1	-	30	1:57
Rad netto	20.00	34:19	34.97	1	-	40	31:43	20.50	45:40	26.93	1	-	251	28:05
Wechsel R -> L	-	0:55	-	7	0:18	90	0:26	20.50	46:35	26.40	1	-	251	27:26
Rad	20.00	35:14	34.06	1	-	39	31:04	20.50	46:35	26.40	1	-	251	27:26
Lauf	5.00	23:54	12.55	6	3:06	125	10:08	25.50	1:10:29	21.71	2	1:21	46	29:37