



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Gestrich, Matthias

000: 1:21:24

00: TriTri Ellerstadt

00: 371

00: 25.50 km

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

00000/000: 205 (of 340)

00000/0: 175 (of 251)

000000: 59:47

0000:

00000: 25(of 37)

Senioren 3 (TM 50)

0000000: 1:02:45

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Schwimmen nett	0.50	13:15	2.26	29	4:59	215	5:31	0.50	13:15	2.26	38	4:59	252	5:31
Wechsel S -> R	-	2:44	-	17	1:16	130	1:21	0.50	15:59	1.88	38	6:15	194	6:35
Schwimmen 000	0.50	15:59	1.88	38	6:15	194	6:35	0.50	15:59	1.88	38	6:15	194	6:35
Rad netto	20.00	36:44	32.67	17	4:38	109	34:08	20.50	52:43	23.33	38	10:38	251	35:08
Wechsel R -> L	-	1:35	-	32	1:01	213	1:06	20.50	54:18	22.65	38	11:39	251	35:09
Rad 000	20.00	38:19	31.32	19	5:39	122	34:09	20.50	54:18	22.65	38	11:39	251	35:09
Lauf	5.00	27:06	11.07	26	8:50	192	13:20	25.50	1:21:24	18.80	25	18:39	178	40:32