



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Ruß, Christopher

000: 1:31:05

00: 395

00: 25.50 km

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

0000:

Senioren 3 (TM 50)

00000/000: 298 (of 340)

00000/0: 231 (of 251)

000000: 59:47

00000: 35(of 37)

0000000: 1:02:45

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	13:35	2.21	33	5:19	227	5:51	0.50	13:35	2.21	38	5:19	252	5:51	
Wechsel S -> R	-	3:08	-	25	1:40	175	1:45	0.50	16:43	1.79	38	6:59	216	7:19	
Schwimmen 000	0.50	16:43	1.79	38	6:59	216	7:19	0.50	16:43	1.79	38	6:59	216	7:19	
Rad netto	20.00	45:26	26.41	37	13:20	244	42:50	20.50	1:02:09	19.79	38	20:04	251	44:34	
Wechsel R -> L	-	0:51	-	9	0:17	72	0:22	20.50	1:03:00	19.52	38	20:21	251	43:51	
Rad 000	20.00	46:17	25.93	37	13:37	242	42:07	20.50	1:03:00	19.52	38	20:21	251	43:51	
Lauf	5.00	28:05	10.68	31	9:49	208	14:19	25.50	1:31:05	16.80	35	28:20	233	50:13	