



12. Lorsch Triathlon

Lorsch / 02.08.2015

Crnjak

Crnjak, Markus

1:06:39

110

25.50 km

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

21 (of 340)

20 (of 251)

59:47

Senioren

Senioren 1 (TM 40)

6(of 40)

1:03:03

Crnjak

Crnjak

Crnjak

Crnjak	km	Crnjak	km/h	-	-	Crnjak	Crnjak	Crnjak	Crnjak	Crnjak	Crnjak	Crnjak	Crnjak	Crnjak
Crnjak	km	Crnjak	km/h	-	-	Crnjak	Crnjak	Crnjak	Crnjak	Crnjak	Crnjak	Crnjak	Crnjak	Crnjak
Schwimmen nett	0.50	9:58	3.01	11	1:23	71	2:14	0.50	9:58	3.01	11	1:23	252	2:14
Wechsel S -> R	-	2:01	-	11	0:34	46	0:38	0.50	11:59	2.50	41	1:38	251	2:35
Schwimmen Crnjak	0.50	11:59	2.50	41	1:38	251	2:35	0.50	11:59	2.50	41	1:38	251	2:35
Rad netto	20.00	34:46	34.52	10	3:45	54	32:10	20.50	46:45	26.31	41	4:35	251	29:10
Wechsel R -> L	-	0:41	-	5	0:10	24	0:12	20.50	47:26	25.93	41	4:45	251	28:17
Rad Crnjak	20.00	35:27	33.85	10	3:41	48	31:17	20.50	47:26	25.93	41	4:45	251	28:17
Lauf	5.00	19:13	15.61	3	1:32	12	5:27	25.50	1:06:39	22.96	6	3:36	21	25:47