



12. Lorsche Triathlon

Lorsch / 02.08.2015

Steingens, Uwe

137

25.50 km

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

Senioren 3 (TM 50)

1:10:32

49 (of 340)

46 (of 251)

59:47

6 (of 37)

1:02:45

km

km/h

km

	km	min	km/h	-	-	min	min	km	min	km/h	-	-	min	min
Schwimmen nett	0.50	9:51	3.05	7	1:35	59	2:07	0.50	9:51	3.05	7	1:35	252	2:07
Wechsel S -> R	-	2:44	-	17	1:16	130	1:21	0.50	12:35	2.38	10	2:51	251	3:11
Schwimmen	0.50	12:35	2.38	10	2:51	251	3:11	0.50	12:35	2.38	10	2:51	251	3:11
Rad netto	20.00	34:34	34.72	6	2:28	51	31:58	20.50	47:09	26.09	38	5:04	251	29:34
Wechsel R -> L	-	1:19	-	27	0:45	182	0:50	20.50	48:28	25.38	38	5:49	251	29:19
Rad	20.00	35:53	33.44	7	3:13	54	31:43	20.50	48:28	25.38	38	5:49	251	29:19
Lauf	5.00	22:04	13.60	9	3:48	66	8:18	25.50	1:10:32	21.69	6	7:47	47	29:40