



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

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Roos, Jonas

□□□: 1:30:40

□□: 147

□□: 25.50 km

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

□□□□□/□□□: 289 (of 336)

□□□□□/□: 216 (of 240)

□□□□□□: 1:01:20

□□□□:

männliche Junioren (TM 18/19)

□□□□□: 4(of 4)

□□□□□□□: 1:07:37

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 13:38    | 27:15        | 3       | 5:13    | 201     | 6:20    | 0.50  | 13:38   | 27:15 | 3       | 5:13    | 241     | 6:20    |
| Wechsel S -> R | -        | 3:37     | -            | 4       | 1:57    | 198     | 2:21    | 0.50  | 17:15   | 34:30 | 3       | 6:40    | 241     | 8:11    |
| Schwimmen □□□  | 0.50     | 17:15    | 34:30        | 3       | 6:40    | 241     | 8:11    | 0.50  | 17:15   | 34:30 | 3       | 6:40    | 241     | 8:11    |
| Rad netto      | 20.00    | 38:12    | 1:54         | 4       | 2:58    | 147     | 13:43   | 20.50 | 55:27   | 2:42  | 3       | 9:38    | 241     | 13:59   |
| Wechsel R -> L | -        | 1:36     | -            | 4       | 0:44    | 207     | 1:09    | 20.50 | 57:03   | 2:46  | 3       | 10:22   | 241     | 15:52   |
| Rad □□□        | 20.00    | 39:48    | 1:59         | 4       | 3:42    | 157     | 11:49   | 20.50 | 57:03   | 2:46  | 3       | 10:22   | 241     | 15:52   |
| Lauf           | 5.00     | 33:37    | 6:43         | 4       | 12:48   | 230     | 15:59   | 25.50 | 1:30:40 | 3:33  | 4       | 23:03   | 216     | 29:20   |