



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

□□□□

Schüßler, Stephan

□□□: 1:22:37

□□: S-H-B-C

□□: 223

□□: 25.50 km

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

□□□□□/□□□: 213 (of 336)

□□□□□/□: 171 (of 240)

□□□□□□: 1:01:20

□□□□:

Senioren 3 (TM 50)

□□□□□: 36(of 42)

□□□□□□□: 1:03:43

□□□□

□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 16:01    | 32:01        | 42      | 7:52    | 232     | 8:43    | 0.50  | 16:01     | 32:01         | 42      | 7:52    | 241     | 8:43    |
| Wechsel S -> R | -        | 3:37     | -            | 39      | 2:04    | 198     | 2:21    | 0.50  | 19:38     | 39:15         | 42      | 9:56    | 228     | 10:34   |
| Schwimmen □□□  | 0.50     | 19:38    | 39:15        | 42      | 9:56    | 228     | 10:34   | 0.50  | 19:38     | 39:15         | 42      | 9:56    | 228     | 10:34   |
| Rad netto      | 20.00    | 37:33    | 1:52         | 27      | 4:33    | 131     | 13:04   | 20.50 | 57:11     | 2:47          | 36      | 14:29   | 241     | 15:43   |
| Wechsel R -> L | -        | 1:14     | -            | 29      | 0:39    | 162     | 0:47    | 20.50 | 58:25     | 2:50          | 36      | 14:52   | 197     | 17:14   |
| Rad □□□        | 20.00    | 38:47    | 1:56         | 27      | 4:56    | 129     | 10:48   | 20.50 | 58:25     | 2:50          | 36      | 14:52   | 197     | 17:14   |
| Lauf           | 5.00     | 24:12    | 4:50         | 23      | 4:48    | 125     | 6:34    | 25.50 | 1:22:37   | 3:14          | 36      | 18:54   | 171     | 21:17   |