



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Stegmann, Danny

□□□: 1:14:07

□□: 253

□□: 25.50 km

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

□□□□□/□□□: 110 (of 336)

□□□□□/□: 97 (of 240)

□□□□□□: 1:01:20

□□□□:

männliche AK 4 (TM 35)

□□□□□: 15(of 24)

□□□□□□□: 1:02:39

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 9:48 | 19:36 | 11 | 1:53 | 57 | 2:30 | 0.50 | 9:48 | 19:36 | 11 | 1:53 | 241 | 2:30 |
| Wechsel S -> R | - | 2:29 | - | 16 | 0:53 | 119 | 1:13 | 0.50 | 12:17 | 24:33 | 25 | 1:40 | 241 | 3:13 |
| Schwimmen □□□ | 0.50 | 12:17 | 24:33 | 25 | 1:40 | 241 | 3:13 | 0.50 | 12:17 | 24:33 | 25 | 1:40 | 241 | 3:13 |
| Rad netto | 20.00 | 36:11 | 1:48 | 15 | 11:42 | 96 | 11:42 | 20.50 | 48:28 | 2:21 | 25 | 4:41 | 241 | 7:00 |
| Wechsel R -> L | - | 1:01 | - | 16 | 0:27 | 108 | 0:34 | 20.50 | 49:29 | 2:24 | 25 | 5:05 | 241 | 8:18 |
| Rad □□□ | 20.00 | 37:12 | 1:51 | 15 | 9:13 | 93 | 9:13 | 20.50 | 49:29 | 2:24 | 25 | 5:05 | 241 | 8:18 |
| Lauf | 5.00 | 24:38 | 4:55 | 19 | 6:23 | 138 | 7:00 | 25.50 | 1:14:07 | 2:54 | 15 | 11:28 | 97 | 12:47 |