



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Becker, Rüdiger

□□□: 1:12:07

□□: Yvo Tria Spechbach

□□: 297

□□: 25.50 km

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

□□□□□/□□□: 85 (of 336)

□□□□□/□: 77 (of 240)

□□□□□□: 1:01:20

□□□□:

Senioren 2 (TM 45)

□□□□□: 15(of 39)

□□□□□□□: 1:03:26

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 9:43 | 19:26 | 11 | 2:09 | 55 | 2:25 | 0.50 | 9:43 | 19:26 | 40 | 2:09 | 55 | 2:25 |
| Wechsel S -> R | - | 1:59 | - | 10 | 0:29 | 62 | 0:43 | 0.50 | 11:42 | 23:23 | 40 | 2:38 | 241 | 2:38 |
| Schwimmen □□□ | 0.50 | 11:42 | 23:23 | 40 | 2:38 | 241 | 2:38 | 0.50 | 11:42 | 23:23 | 40 | 2:38 | 241 | 2:38 |
| Rad netto | 20.00 | 35:17 | 1:45 | 14 | 4:01 | 75 | 10:48 | 20.50 | 46:59 | 2:17 | 40 | 5:00 | 57 | 5:31 |
| Wechsel R -> L | - | 1:02 | - | 17 | 0:35 | 111 | 0:35 | 20.50 | 48:01 | 2:20 | 40 | 5:16 | 241 | 6:50 |
| Rad □□□ | 20.00 | 36:19 | 1:48 | 14 | 4:11 | 77 | 8:20 | 20.50 | 48:01 | 2:20 | 40 | 5:16 | 241 | 6:50 |
| Lauf | 5.00 | 24:06 | 4:49 | 22 | 5:14 | 119 | 6:28 | 25.50 | 1:12:07 | 2:49 | 15 | 8:41 | 77 | 10:47 |