



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Heckmann, David

□□□: 1:20:22

□□: LAZ Triathlon Mosbach

□□: 315

□□: 25.50 km

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

□□□□□/□□□: 189 (of 336)

□□□□□/□: 161 (of 240)

□□□□□□: 1:01:20

□□□□:

männliche AK 2 (TM 25)

□□□□□: 14(of 16)

□□□□□□□: 1:01:54

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 9:02 | 18:03 | 5 | 1:44 | 27 | 1:44 | 0.50 | 9:02 | 18:03 | 5 | 1:44 | 27 | 1:44 |
| Wechsel S -> R | - | 3:04 | - | 15 | 1:43 | 166 | 1:48 | 0.50 | 12:06 | 24:11 | 12 | 2:44 | 241 | 3:02 |
| Schwimmen □□□ | 0.50 | 12:06 | 24:11 | 12 | 2:44 | 241 | 3:02 | 0.50 | 12:06 | 24:11 | 12 | 2:44 | 241 | 3:02 |
| Rad netto | 20.00 | 40:30 | 2:01 | 14 | 8:47 | 190 | 16:01 | 20.50 | 52:36 | 2:33 | 13 | 11:08 | 140 | 11:08 |
| Wechsel R -> L | - | 1:27 | - | 16 | 0:56 | 192 | 1:00 | 20.50 | 54:03 | 2:38 | 13 | 11:36 | 241 | 12:52 |
| Rad □□□ | 20.00 | 41:57 | 2:05 | 14 | 9:20 | 195 | 13:58 | 20.50 | 54:03 | 2:38 | 13 | 11:36 | 241 | 12:52 |
| Lauf | 5.00 | 26:19 | 5:15 | 14 | 8:41 | 174 | 8:41 | 25.50 | 1:20:22 | 3:09 | 14 | 18:28 | 161 | 19:02 |