



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Dechant, Dirk

□□□: 1:11:30

□□: Team Body Attack

□□: 378

□□: 25.50 km

□□□□□/□□□: 76 (of 336)

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

□□□□□/□: 69 (of 240)

□□□□□□: 1:01:20

□□□□:

□□□□□: 11(of 31)

Senioren 1 (TM 40)

□□□□□□□: 1:02:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:54	23:48	20	3:57	152	4:36	0.50	11:54	23:48	32	3:57	241	4:36	
Wechsel S -> R	-	1:58	-	10	0:36	55	0:42	0.50	13:52	27:44	32	4:15	126	4:48	
Schwimmen □□□	0.50	13:52	27:44	32	4:15	126	4:48	0.50	13:52	27:44	32	4:15	126	4:48	
Rad netto	20.00	34:28	1:43	7	2:23	53	9:59	20.50	48:20	2:21	32	4:19	241	6:52	
Wechsel R -> L	-	1:11	-	19	0:41	151	0:44	20.50	49:31	2:24	32	8:20	241	8:20	
Rad □□□	20.00	35:39	1:46	8	3:03	58	7:40	20.50	49:31	2:24	32	8:20	241	8:20	
Lauf	5.00	21:59	4:23	10	4:08	64	4:21	25.50	1:11:30	2:48	11	8:45	69	10:10	