



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Franky Valley Lions 2

□□□: 1:21:22

□□: Franky Valley Lions 2

□□: 354

□□: 25.50 km

Triathlonstaffel

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□□□□□□: 58:20

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Triathlon-Staffel

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| Schwimmen nett | 0.50 | 11:49 | 23:37 | 18 | 4:29 | 18 | 4:29 | 0.50 | 11:49 | 23:37 | 18 | 4:29 | 18 | 4:29 |
| Wechsel S -> R | - | 1:43 | - | 14 | 0:33 | 14 | 0:33 | 0.50 | 13:32 | 27:03 | 16 | 4:49 | 16 | 4:49 |
| Schwimmen □□□ | 0.50 | 13:32 | 27:03 | 16 | 4:49 | 16 | 4:49 | 0.50 | 13:32 | 27:03 | 16 | 4:49 | 16 | 4:49 |
| Rad netto | 20.00 | 40:21 | 2:01 | 16 | 9:51 | 16 | 9:51 | 20.50 | 53:53 | 2:37 | 16 | 14:40 | 16 | 14:40 |
| Wechsel R -> L | - | 0:35 | - | 13 | 0:11 | 13 | 0:11 | 20.50 | 54:28 | 2:39 | 16 | 14:46 | 16 | 14:46 |
| Rad □□□ | 20.00 | 40:56 | 2:02 | 16 | 9:57 | 16 | 9:57 | 20.50 | 54:28 | 2:39 | 16 | 14:46 | 16 | 14:46 |
| Lauf | 5.00 | 26:54 | 5:22 | 12 | 9:01 | 12 | 9:01 | 25.50 | 1:21:22 | 3:11 | 14 | 23:02 | 14 | 23:02 |