



13. Lorsch Triathlon

Lorsch / 14.08.2016

□□□□

Bauer, Timo

□□□: 1:10:16

□□: 44

□□: 25.50 km

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

□□□□□/□□□: 62 (of 336)

□□□□□/□: 57 (of 240)

□□□□□□: 1:01:20

□□□□:

Senioren 2 (TM 45)

□□□□□: 12(of 39)

□□□□□□□: 1:03:26

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	10:17	20:33	15	2:43	84	2:59	0.50	10:17	20:33	40	2:43	241	2:59
Wechsel S -> R	-	1:53	-	7	0:23	45	0:37	0.50	12:10	24:19	40	3:06	241	3:06
Schwimmen □□□	0.50	12:10	24:19	40	3:06	241	3:06	0.50	12:10	24:19	40	3:06	241	3:06
Rad netto	20.00	35:59	1:47	17	4:43	90	11:30	20.50	48:09	2:20	13	6:10	241	6:41
Wechsel R -> L	-	0:54	-	9	0:27	84	0:27	20.50	49:03	2:23	40	6:18	241	7:52
Rad □□□	20.00	36:53	1:50	16	4:45	88	8:54	20.50	49:03	2:23	40	6:18	241	7:52
Lauf	5.00	21:13	4:14	12	2:21	51	3:35	25.50	1:10:16	2:45	12	6:50	57	8:56