



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Gollwitzer, Matthias

□□□: 1:12:51

□□: SV Tri City Darmstadt

□□: 106

□□: 25.50 km

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

□□□□□/□□□: 95 (of 336)

□□□□□/□: 86 (of 240)

□□□□□□: 1:01:20

□□□□:

Senioren 3 (TM 50)

□□□□□: 16(of 42)

□□□□□□□: 1:03:43

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 10:07 | 20:14 | 10 | 1:58 | 73 | 2:49 | 0.50 | 10:07 | 20:14 | 43 | 1:58 | 241 | 2:49 |
| Wechsel S -> R | - | 1:55 | - | 9 | 0:22 | 49 | 0:39 | 0.50 | 12:02 | 24:03 | 43 | 2:20 | 241 | 2:58 |
| Schwimmen □□□ | 0.50 | 12:02 | 24:03 | 43 | 2:20 | 241 | 2:58 | 0.50 | 12:02 | 24:03 | 43 | 2:20 | 241 | 2:58 |
| Rad netto | 20.00 | 35:35 | 1:46 | 16 | 2:35 | 83 | 11:06 | 20.50 | 47:37 | 2:19 | 43 | 4:55 | 241 | 6:09 |
| Wechsel R -> L | - | 0:49 | - | 9 | 0:14 | 64 | 0:22 | 20.50 | 48:26 | 2:21 | 43 | 4:53 | 241 | 7:15 |
| Rad □□□ | 20.00 | 36:24 | 1:49 | 15 | 2:33 | 80 | 8:25 | 20.50 | 48:26 | 2:21 | 43 | 4:53 | 241 | 7:15 |
| Lauf | 5.00 | 24:25 | 4:53 | 25 | 5:01 | 133 | 6:47 | 25.50 | 1:12:51 | 2:51 | 16 | 9:08 | 86 | 11:31 |