



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

Team

Team 'Hofmann, Roos & Fink'

Time: 1:16:01

Avg Speed: 19.73 km/h

Number: 396

Distance: 25.50 km

Triathlonstaffel

Rank: 13 (of 31)

Time: 59:32

Category: Triathlon-Staffel

Rank: 13 (of 31)

Time: 59:32

Summary

Summary

Summary

| Activity       | km   | Time  | Avg Speed (km/h) | Start | End  | Start | End  | km    | Time    | Avg Speed (km/h) | Start | End   | Start | End   |
|----------------|------|-------|------------------|-------|------|-------|------|-------|---------|------------------|-------|-------|-------|-------|
| Schwimmen nett | 0.50 | 10:39 | 0.00             | 10    | 2:56 | 10    | 2:56 | 0.50  | 10:39   | 0.00             | 10    | 2:56  | 10    | 2:56  |
| Wechsel S -> R | -    | 1:43  | -                | 16    | 0:29 | 16    | 0:29 | 0.50  | 12:22   | -                | 10    | 3:23  | 10    | 3:23  |
| Kontrolle Rad  | 6.00 | 11:33 | 31.17            | 11    | 2:03 | 11    | 2:03 | 6.50  | 23:55   | 15.05            | 8     | 4:31  | 8     | 4:31  |
| Kontrolle Rad  | 8.00 | 14:36 | 32.88            | 11    | 2:37 | 11    | 2:37 | 14.50 | 38:31   | 21.81            | 9     | 7:08  | 9     | 7:08  |
| Rad Ziel       | 6.00 | 10:32 | 34.18            | 13    | 1:50 | 13    | 1:50 | 20.50 | 49:03   | 24.46            | 9     | 8:49  | 9     | 8:49  |
| Wechsel R -> L | -    | 0:25  | -                | 3     | 0:03 | 3     | 0:03 | 20.50 | 49:28   | -                | 9     | 8:40  | 9     | 8:40  |
| Kontrolle Lauf | 2.40 | 12:19 | 9.74             | 21    | 4:10 | 21    | 4:10 | 22.90 | 1:01:47 | 21.36            | 10    | 12:08 | 10    | 12:08 |
| Lauf Ziel      | 2.60 | 14:14 | 8.43             | 21    | 5:19 | 21    | 5:19 | 25.50 | 1:16:01 | 19.73            | 13    | 16:29 | 13    | 16:29 |