



16. Lorsche Triathlon

Lorsch / 11.08.2019

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Team 'Gutschalk & Bösel'

□□□: 1:16:26

□□: 19.62 km/h

□□: 404

□□: 25.50 km

Triathlonstaffel

□□□□□: 14 (of 31)

□□□□□□: 59:32

□□□□:

Triathlon-Staffel

□□□□□: 14(of 31)

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| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| Schwimmen nett | 0.50 | 11:02 | 0.00 | 12 | 3:19 | 12 | 3:19 | 0.50 | 11:02 | 0.00 | 12 | 3:19 | 12 | 3:19 |
| Wechsel S -> R | - | 1:33 | - | 5 | 0:19 | 5 | 0:19 | 0.50 | 12:35 | - | 11 | 3:36 | 11 | 3:36 |
| Kontrolle Rad | 6.00 | 11:30 | 31.30 | 10 | 2:00 | 10 | 2:00 | 6.50 | 24:05 | 14.95 | 9 | 4:41 | 9 | 4:41 |
| Kontrolle Rad | 8.00 | 14:51 | 32.32 | 15 | 2:52 | 15 | 2:52 | 14.50 | 38:56 | 21.58 | 12 | 7:33 | 12 | 7:33 |
| Rad Ziel | 6.00 | 10:58 | 32.83 | 17 | 2:16 | 17 | 2:16 | 20.50 | 49:54 | 24.05 | 11 | 9:40 | 11 | 9:40 |
| Wechsel R -> L | - | 0:31 | - | 14 | 0:09 | 14 | 0:09 | 20.50 | 50:25 | - | 11 | 9:37 | 11 | 9:37 |
| Kontrolle Lauf | 2.40 | 12:04 | 9.94 | 20 | 3:55 | 20 | 3:55 | 22.90 | 1:02:29 | 21.13 | 13 | 12:50 | 13 | 12:50 |
| Lauf Ziel | 2.60 | 13:57 | 8.60 | 20 | 5:02 | 20 | 5:02 | 25.50 | 1:16:26 | 19.62 | 14 | 16:54 | 14 | 16:54 |