



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Team 'Wernz & Wernz'

□□□: 1:16:27

□□: 20.01 km/h

□□: 399

□□: 25.50 km

Triathlonstaffel

□□□□□: 15 (of 31)

□□□□□□: 59:32

□□□□:

Triathlon-Staffel

□□□□□: 15(of 31)

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| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| Schwimmen nett | 0.50 | 13:41 | 2.19 | 23 | 5:58 | 23 | 5:58 | 0.50 | 13:41 | 2.19 | 23 | 5:58 | 23 | 5:58 |
| Wechsel S -> R | - | 1:49 | - | 21 | 0:35 | 21 | 0:35 | 0.50 | 15:30 | - | 22 | 6:31 | 22 | 6:31 |
| Kontrolle Rad | 6.00 | 12:04 | 29.83 | 17 | 2:34 | 17 | 2:34 | 6.50 | 27:34 | 14.15 | 24 | 8:10 | 24 | 8:10 |
| Kontrolle Rad | 8.00 | 15:41 | 30.61 | 20 | 3:42 | 20 | 3:42 | 14.50 | 43:15 | 20.12 | 22 | 11:52 | 22 | 11:52 |
| Rad Ziel | 6.00 | 11:13 | 32.10 | 20 | 2:31 | 20 | 2:31 | 20.50 | 54:28 | 22.58 | 21 | 14:14 | 21 | 14:14 |
| Wechsel R -> L | - | 0:27 | - | 6 | 0:05 | 6 | 0:05 | 20.50 | 54:55 | - | 21 | 14:07 | 21 | 14:07 |
| Kontrolle Lauf | 2.40 | 10:21 | 13.91 | 7 | 2:12 | 7 | 2:12 | 22.90 | 1:05:16 | 21.05 | 18 | 15:37 | 18 | 15:37 |
| Lauf Ziel | 2.60 | 11:11 | 13.95 | 6 | 2:16 | 6 | 2:16 | 25.50 | 1:16:27 | 20.01 | 15 | 16:55 | 15 | 16:55 |