



16. Lorsch Triathlon

Lorsch / 11.08.2019

Team

Team 'Ruhs, Millroser & Jäger'

Time: 1:01:12

Speed: 24.51 km/h

Number: 409

Distance: 25.50 km

Triathlonstaffel

Rank: 2 (of 31)

Time: 59:32

Category: Triathlon-Staffel

Rank: 2 (of 31)

Time: 59:32

Summary

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Activity	km	Time	Speed	Rank	Time	Rank	Time	km	Time	Speed	Rank	Time	Rank	Time
Schwimmen nett	0.50	8:06	0.00	3	0:23	3	0:23	0.50	8:06	0.00	3	0:23	3	0:23
Wechsel S -> R	-	1:22	-	3	0:08	3	0:08	0.50	9:28	-	3	0:29	3	0:29
Kontrolle Rad	6.00	10:55	32.98	5	1:25	5	1:25	6.50	20:23	17.66	4	0:59	4	0:59
Kontrolle Rad	8.00	13:31	35.51	4	1:32	4	1:32	14.50	33:54	24.78	3	2:31	3	2:31
Rad Ziel	6.00	9:46	36.86	5	1:04	5	1:04	20.50	43:40	27.48	3	3:26	3	3:26
Wechsel R -> L	-	0:28	-	8	0:06	8	0:06	20.50	44:08	-	3	3:20	3	3:20
Kontrolle Lauf	2.40	8:09	14.72	1	-	1	-	22.90	52:17	25.25	2	2:38	2	2:38
Lauf Ziel	2.60	8:55	13.46	1	-	1	-	25.50	1:01:12	24.51	2	1:40	2	1:40