



16. Lorsch Triathlon

Lorsch / 11.08.2019

Team

Team "Gensel & Jarzombeck"

Time: 1:20:35

Avg Speed: 18.61 km/h

Number: 389

Distance: 25.50 km

Triathlonstaffel

Rank: 21 (of 31)

Time: 59:32

Staffel

Rank: 21 (of 31)

Triathlon-Staffel

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	12:12	0.00	19	4:29	19	4:29	0.50	12:12	0.00	19	4:29	19	4:29
Wechsel S -> R	-	3:24	-	31	2:10	31	2:10	0.50	15:36	-	24	6:37	24	6:37
Kontrolle Rad	6.00	12:48	28.13	23	3:18	23	3:18	6.50	28:24	12.68	25	9:00	25	9:00
Kontrolle Rad	8.00	16:14	29.57	23	4:15	23	4:15	14.50	44:38	18.82	25	13:15	25	13:15
Rad Ziel	6.00	11:33	31.17	22	2:51	22	2:51	20.50	56:11	21.36	24	15:57	24	15:57
Wechsel R -> L	-	0:37	-	28	0:15	28	0:15	20.50	56:48	-	24	16:00	24	16:00
Kontrolle Lauf	2.40	11:21	10.57	14	3:12	14	3:12	22.90	1:08:09	19.37	24	18:30	24	18:30
Lauf Ziel	2.60	12:26	9.65	13	3:31	13	3:31	25.50	1:20:35	18.61	21	21:03	21	21:03