



16. Lorsche Triathlon

Lorsch / 11.08.2019

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Team 'Judoverein Heppenheim'

□□□: 1:33:28

□□: 16.05 km/h

□□: 391

□□: 25.50 km

Triathlonstaffel

□□□□□: 28 (of 31)

□□□□□□: 59:32

□□□□:

Triathlon-Staffel

□□□□□: 28(of 31)

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| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| Schwimmen nett | 0.50 | 11:48 | 0.00 | 15 | 4:05 | 15 | 4:05 | 0.50 | 11:48 | 0.00 | 15 | 4:05 | 15 | 4:05 |
| Wechsel S -> R | - | 1:51 | - | 23 | 0:37 | 23 | 0:37 | 0.50 | 13:39 | - | 16 | 4:40 | 16 | 4:40 |
| Kontrolle Rad | 6.00 | 13:35 | 26.50 | 26 | 4:05 | 26 | 4:05 | 6.50 | 27:14 | 13.22 | 22 | 7:50 | 22 | 7:50 |
| Kontrolle Rad | 8.00 | 16:51 | 28.49 | 25 | 4:52 | 25 | 4:52 | 14.50 | 44:05 | 19.05 | 24 | 12:42 | 24 | 12:42 |
| Rad Ziel | 6.00 | 12:14 | 29.43 | 26 | 3:32 | 26 | 3:32 | 20.50 | 56:19 | 21.31 | 25 | 16:05 | 25 | 16:05 |
| Wechsel R -> L | - | 0:40 | - | 29 | 0:18 | 29 | 0:18 | 20.50 | 56:59 | - | 25 | 16:11 | 25 | 16:11 |
| Kontrolle Lauf | 2.40 | 17:06 | 7.02 | 31 | 8:57 | 31 | 8:57 | 22.90 | 1:14:05 | 17.82 | 27 | 24:26 | 27 | 24:26 |
| Lauf Ziel | 2.60 | 19:23 | 6.19 | 31 | 10:28 | 31 | 10:28 | 25.50 | 1:33:28 | 16.05 | 28 | 33:56 | 28 | 33:56 |