



16. Lorsch Triathlon

Lorsch / 11.08.2019

Team 'Rocket'

Team 'Rocket'

Time: 1:12:38

Avg Speed: 20.65 km/h

Number: 384

Distance: 25.50 km

Triathlonstaffel

Rank: 8 (of 31)

Time: 59:32

Triathlon-Staffel

Rank: 8 (of 31)

Time: 59:32

Summary

Summary

Summary

Activity	km	Time	Avg Speed (km/h)	Rank	Time	Rank	Time	Rank	km	Time	Avg Speed (km/h)	Rank	Time	Rank	Time	Rank
Schwimmen nett	0.50	10:05	0.00	7	2:22	7	2:22	7	0.50	10:05	0.00	7	2:22	7	2:22	7
Wechsel S -> R	-	1:34	-	6	0:20	6	0:20	6	0.50	11:39	-	7	2:40	7	2:40	7
Kontrolle Rad	6.00	12:04	29.83	17	2:34	17	2:34	17	6.50	23:43	15.18	7	4:19	7	4:19	7
Kontrolle Rad	8.00	15:09	31.68	17	3:10	17	3:10	17	14.50	38:52	21.61	11	7:29	11	7:29	11
Rad Ziel	6.00	11:03	32.58	18	2:21	18	2:21	18	20.50	49:55	24.04	12	9:41	12	9:41	12
Wechsel R -> L	-	0:36	-	25	0:14	25	0:14	25	20.50	50:31	-	13	9:43	13	9:43	13
Kontrolle Lauf	2.40	10:46	11.15	9	2:37	9	2:37	9	22.90	1:01:17	21.54	9	11:38	9	11:38	9
Lauf Ziel	2.60	11:21	10.57	7	2:26	7	2:26	7	25.50	1:12:38	20.65	8	13:06	8	13:06	8