



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

Team

Team 'Ammon & Oberhofer & Walter' **1:12:40**

**20.64 km/h**

**406**

**25.50 km**

Triathlonstaffel

**9 (of 31)**

**59:32**

Triathlon-Staffel

**9(of 31)**

**59:32**

Team

Team

Team

Team	km	km/h	-	-	km	km/h	km	km/h	-	-	km	km/h		
Schwimmen nett	0.50	12:40	0.00	21	4:57	21	4:57	0.50	12:40	0.00	21	4:57	21	4:57
Wechsel S -> R	-	1:31	-	4	0:17	4	0:17	0.50	14:11	-	20	5:12	20	5:12
Kontrolle Rad	6.00	10:59	32.78	6	1:29	6	1:29	6.50	25:10	14.30	13	5:46	13	5:46
Kontrolle Rad	8.00	13:27	35.69	3	1:28	3	1:28	14.50	38:37	21.75	10	7:14	10	7:14
Rad Ziel	6.00	9:36	37.50	4	0:54	4	0:54	20.50	48:13	24.89	8	7:59	8	7:59
Wechsel R -> L	-	0:30	-	11	0:08	11	0:08	20.50	48:43	-	8	7:55	8	7:55
Kontrolle Lauf	2.40	11:13	10.70	12	3:04	12	3:04	22.90	59:56	22.02	8	10:17	8	10:17
Lauf Ziel	2.60	12:44	9.42	16	3:49	16	3:49	25.50	1:12:40	20.64	9	13:08	9	13:08