

Sprintdistanz-Trainigstriathlon 4.7.2020

rcs-team-rot.de

	swim start	swim end	cycle start	cycle end	run start	run end	swim time	cycle time	run time	racetime	swim pace	cycle pace	run pace
Philipp Pfarherr	0:00:00	0:07:10	0:07:42	0:41:12	0:41:30	1:02:17	07:10 min	33:30 min	20:47 min	1:02:17 h	1:47 min/100m	36,7 km/h	04:09 min/km
Simon Hainmüller	0:00:00	0:07:53	0:08:32	0:43:03	0:43:30	1:03:26	07:53 min	34:31 min	19:56 min	1:03:26 h	1:58 min/100m	35,6 km/h	03:59 min/km
Christian Schwarzbart	0:00:00	0:07:49	0:08:39	0:42:54	0:43:23	1:03:29	07:49 min	34:15 min	20:06 min	1:03:29 h	1:57 min/100m	35,9 km/h	04:01 min/km
Uwe Hausschmid	0:00:00	0:09:06	0:09:45	0:48:15	0:48:53	1:10:28	09:06 min	38:30 min	21:35 min	1:10:28 h	2:16 min/100m	32, km/h	04:19 min/km
Fabian Krapp	0:00:00	0:10:52	0:12:30	0:48:28	0:49:21	1:14:49	10:52 min	35:58 min	25:28 min	1:14:49 h	2:43 min/100m	34,2 km/h	05:06 min/km
Anita Matekalo	0:00:00	0:12:26	0:14:40	1:04:44	1:05:27	1:33:22	12:26 min	50:04 min	27:55 min	1:33:22 h	3:07 min/100m	24,6 km/h	05:35 min/km
Nina Hander	0:00:00	0:11:44	0:13:58	1:03:52	1:04:05	1:30:16	11:44 min	49:54 min	26:11 min	1:30:16 h	2:56 min/100m	24,7 km/h	05:14 min/km
Christian Mensch	0:00:00	0:07:54	0:09:43	0:44:28	0:44:58	1:06:06	07:54 min	34:45 min	21:08 min	1:06:06 h	1:59 min/100m	35,4 km/h	04:14 min/km
Andreas Zimny	0:00:00	0:09:10	0:09:34	0:48:50	0:49:34	1:14:49	09:10 min	39:16 min	25:15 min	1:14:49 h	2:17 min/100m	31,3 km/h	05:03 min/km
Noah Schäffeler	0:00:00	0:11:25	0:13:40	1:10:19	1:10:52	1:35:06	11:25 min	56:39 min	24:14 min	1:35:06 h	2:51 min/100m	21,7 km/h	04:51 min/km