



9. Lorsche Triathlon

Lorsch / 12.08.2012

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Team Rüther, Leenen & Renner

□□□: 1:11:29

□□: Team Rüther, Leenen & Renner

□□: 343

□□: 25.75 km

Triathlonstaffel

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□□□□□□: 1:03:04

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Triathlon-Staffel

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|------------------|-------|---------|--------|----|-------|-----|-------|-------|---------|--------|----|------|-----|------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Schwimmen | 0.50 | 10:39 | 21:18 | 11 | 3:55 | 11 | 3:55 | 0.50 | 10:39 | 21:18 | 15 | | 15 | |
| Schwimmen □□□ | 0.50 | 10:39 | | | | | | | | | | | | |
| Wechsel Schw.-R | 0.25 | 1:50 | 7:19 | 12 | 0:35 | 12 | 0:35 | 0.75 | 12:29 | 16:38 | 15 | | 15 | |
| Rad | 20.00 | 36:15 | 1:48 | 8 | 35:34 | 8 | 35:34 | 20.75 | 48:44 | 2:20 | 15 | | 15 | |
| Rad □□□ | 20.25 | 38:05 | | | | | | | | | | | | |
| Laufrunde 2,5 kn | 2.50 | 10:55 | 4:21 | 6 | 2:24 | 6 | 2:24 | 23.25 | 59:39 | 2:33 | 15 | | 15 | |
| Lauf | 2.50 | 11:50 | 4:44 | 7 | 3:03 | 7 | 3:03 | 25.75 | 1:11:29 | 2:46 | 8 | 8:25 | 8 | 8:25 |
| Lauf □□□ | 25.25 | 1:11:29 | | | | | | | | | | | | |