



9. Lorsch Triathlon

Lorsch / 12.08.2012

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Staffelteam Dres. Schmitt

□□□: 1:30:39

□□: Staffelteam Dres. Schmitt

□□: 347

□□: 25.75 km

Triathlonstaffel

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□□□□□□: 1:03:04

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Triathlon-Staffel

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|------------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| Schwimmen | 0.50 | 13:57 | 27:53 | 20 | 7:13 | 20 | 7:13 | 0.50 | 13:57 | 27:53 | 3 | 1:31 | 3 | 1:31 |
| Schwimmen □□□ | 0.50 | 13:57 | | | | | | | | | | | | |
| Wechsel Schw.-R | 0.25 | 2:11 | 8:43 | 17 | 0:56 | 17 | 0:56 | 0.75 | 16:08 | 21:30 | 3 | 1:56 | 3 | 1:56 |
| Rad | 20.00 | 45:27 | 2:16 | 20 | 44:46 | 20 | 44:46 | 20.75 | 1:01:35 | 2:58 | 3 | 11:06 | 3 | 11:06 |
| Rad □□□ | 20.25 | 47:38 | | | | | | | | | | | | |
| Laufrunde 2,5 kn | 2.50 | 14:21 | 5:44 | 20 | 5:50 | 20 | 5:50 | 23.25 | 1:15:56 | 3:15 | 3 | 13:32 | 3 | 13:32 |
| Lauf | 2.50 | 14:43 | 5:53 | 19 | 5:56 | 19 | 5:56 | 25.75 | 1:30:39 | 3:31 | 20 | 27:35 | 20 | 27:35 |
| Lauf □□□ | 25.25 | 1:30:39 | | | | | | | | | | | | |