



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Team Behindertenhilfe Bergstraße □□□: 1:12:33

□□: Team Behindertenhilfe Bergstraße

□□: 343

□□: 25.50 km

Triathlonstaffel

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Triathlon-Staffel

□□□□□/□□□: 5 (of 29)

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□□□□□□: 58:47

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.50	9:20	0.00	4	1:07	4	1:07	0.50	9:20	0.00	26		26	
Wechsel S->R	-	1:18	-	5	0:06	5	0:06	0.50	10:38	0.00	26		26	
Schwimmen □□□	0.50	10:38	0.00	26		26		0.50	10:38	0.00	26		26	
ZZ Rad	5.75	7:19	41.00	4	1:05	4	1:05	6.25	17:57	20.06	26		26	
ZZ Rad	4.25	10:44	22.36	7	1:46	7	1:46	10.50	28:41	20.92	26		26	
ZZ Rad	4.25	11:04	21.69	9	2:10	9	2:10	14.75	39:45	21.13	25		25	
Rad Ziel	5.75	8:22	35.86	7	1:32	7	1:32	20.50	48:07	24.94	25		25	
Rad □	20.00	37:29	32.01	7	6:33	7	6:33	20.50	48:07	24.94	25		25	
Wechsel R->L	-	0:33	-	4	0:04	4	0:04	20.50	48:40	24.66	25		25	
Rad □□□	20.00	38:02	31.55	7	6:30	7	6:30	20.50	48:40	24.66	25		25	
ZZ Lauf	2.50	11:23	10.54	14	6:37	14	6:37	23.00	1:00:03	22.98	25		25	
Lauf Ziel	2.50	12:30	9.60	12	4:06	12	4:06	25.50	1:12:33	20.68	5	13:46	5	13:46
Lauf □□□	5.00	23:53	12.56	14	8:59	14	8:59	25.50	1:12:33	20.68	5	13:46	5	13:46