



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Team Rüter, Schulze & Renner

□□□: 1:13:46

□□: Team Rüter, Schulze & Renner

□□: 365

□□: 25.50 km

Triathlonstaffel

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Triathlon-Staffel

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.50	11:09	0.00	13	2:56	13	2:56	0.50	11:09	0.00	25	1:08	25	1:08
Wechsel S->R	-	1:30	-	14	0:18	14	0:18	0.50	12:39	0.00	25	1:11	25	1:11
Schwimmen □□□	0.50	12:39	0.00	25	1:11	25	1:11	0.50	12:39	0.00	25	1:11	25	1:11
ZZ Rad	5.75	7:22	40.72	6	1:08	6	1:08	6.25	20:01	17.99	25	-	25	-
ZZ Rad	4.25	10:50	22.15	8	1:52	8	1:52	10.50	30:51	19.45	25	-	25	-
ZZ Rad	4.25	10:52	22.09	7	1:58	7	1:58	14.75	41:43	20.14	24	-	24	-
Rad Ziel	5.75	8:33	35.09	9	1:43	9	1:43	20.50	50:16	23.87	24	-	24	-
Rad □	20.00	37:37	31.90	8	6:41	8	6:41	20.50	50:16	23.87	24	-	24	-
Wechsel R->L	-	0:29	-	1	-	1	-	20.50	50:45	23.65	24	-	24	-
Rad □□□	20.00	38:06	31.50	8	6:34	8	6:34	20.50	50:45	23.65	24	-	24	-
ZZ Lauf	2.50	10:04	11.92	9	5:18	9	5:18	23.00	1:00:49	22.69	24	-	24	-
Lauf Ziel	2.50	12:57	9.27	13	4:33	13	4:33	25.50	1:13:46	20.33	6	14:59	6	14:59
Lauf □□□	5.00	23:01	13.03	11	8:07	11	8:07	25.50	1:13:46	20.33	6	14:59	6	14:59