



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Team Porth & Cop

□□□: 1:15:22

□□: Team Porth & Cop

□□: 360

□□: 25.50 km

Triathlonstaffel

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□□□□□□: 58:47

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Triathlon-Staffel

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.50	9:16	0.00	3	1:03	3	1:03	0.50	9:16	0.00	24	-	24	24
Wechsel S->R	-	1:16	-	4	0:04	4	0:04	0.50	10:32	0.00	24	-	24	24
Schwimmen □□□	0.50	10:32	0.00	24		24		0.50	10:32	0.00	24	-	24	24
ZZ Rad	5.75	8:02	37.34	12	1:48	12	1:48	6.25	18:34	19.39	24	-	24	24
ZZ Rad	4.25	11:46	20.40	13	2:48	13	2:48	10.50	30:20	19.78	24	-	24	24
ZZ Rad	4.25	11:40	20.57	12	2:46	12	2:46	14.75	42:00	20.00	23	-	23	23
Rad Ziel	5.75	9:07	32.91	13	2:17	13	2:17	20.50	51:07	23.48	23	-	23	23
Rad □	20.00	40:35	29.57	12	9:39	12	9:39	20.50	51:07	23.48	23	-	23	23
Wechsel R->L	-	0:36	-	11	0:07	11	0:07	20.50	51:43	23.20	23	-	23	23
Rad □□□	20.00	41:11	29.14	11	9:39	11	9:39	20.50	51:43	23.20	23	-	23	23
ZZ Lauf	2.50	11:24	10.53	16	6:38	16	6:38	23.00	1:03:07	21.86	23	-	23	23
Lauf Ziel	2.50	12:15	9.80	11	3:51	11	3:51	25.50	1:15:22	19.90	7	16:35	7	16:35
Lauf □□□	5.00	23:39	12.68	13	8:45	13	8:45	25.50	1:15:22	19.90	7	16:35	7	16:35