



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Team Steinbiss & Figge

□□□: 1:17:37

□□: Team Steinbiss & Figge

□□: 353

□□: 25.50 km

Triathlonstaffel

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□□□□□□: 58:47

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Triathlon-Staffel

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.50	11:14	0.00	15	3:01	15	3:01	0.50	11:14	0.00	20	1:13	20	1:13
Wechsel S->R	-	2:25	-	28	1:13	28	1:13	0.50	13:39	0.00	20	2:11	20	2:11
Schwimmen □□□	0.50	13:39	0.00	20	2:11	20	2:11	0.50	13:39	0.00	20	2:11	20	2:11
ZZ Rad	5.75	8:31	35.23	18	2:17	18	2:17	6.25	22:10	16.24	20	0:51	20	0:51
ZZ Rad	4.25	12:09	19.75	18	3:11	18	3:11	10.50	34:19	17.48	20		20	
ZZ Rad	4.25	12:04	19.89	15	3:10	15	3:10	14.75	46:23	18.11	19		19	
Rad Ziel	5.75	9:13	32.55	15	2:23	15	2:23	20.50	55:36	21.58	19		19	
Rad □	20.00	41:57	28.61	15	11:01	15	11:01	20.50	55:36	21.58	19		19	
Wechsel R->L	-	0:39	-	16	0:10	16	0:10	20.50	56:15	21.33	19		19	
Rad □□□	20.00	42:36	28.17	14	11:04	14	11:04	20.50	56:15	21.33	19		19	
ZZ Lauf	2.50	9:52	12.16	8	5:06	8	5:06	23.00	1:06:07	20.87	19		19	
Lauf Ziel	2.50	11:30	10.43	6	3:06	6	3:06	25.50	1:17:37	19.33	11	18:50	11	18:50
Lauf □□□	5.00	21:22	14.04	8	6:28	8	6:28	25.50	1:17:37	19.33	11	18:50	11	18:50