



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Team NaWaWa

□□□: 1:20:58

□□: Team NaWaWa

□□: 349

□□: 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 | 11:10 | 0.00 | 14 | 2:57 | 14 | 2:57 | 0.50 | 11:10 | 0.00 | 17 | 1:09 | 17 | 1:09 |
| Wechsel S->R | - | 1:12 | - | 1 | - | 1 | - | 0.50 | 12:22 | 0.00 | 17 | 0:54 | 17 | 0:54 |
| Schwimmen □□□ | 0.50 | 12:22 | 0.00 | 17 | 0:54 | 17 | 0:54 | 0.50 | 12:22 | 0.00 | 17 | 0:54 | 17 | 0:54 |
| ZZ Rad | 5.75 | 7:49 | 38.38 | 10 | 1:35 | 10 | 1:35 | 6.25 | 20:11 | 17.84 | 17 | | 17 | |
| ZZ Rad | 4.25 | 11:46 | 20.40 | 13 | 2:48 | 13 | 2:48 | 10.50 | 31:57 | 18.78 | 17 | | 17 | |
| ZZ Rad | 4.25 | 11:53 | 20.20 | 14 | 2:59 | 14 | 2:59 | 14.75 | 43:50 | 19.16 | 16 | | 16 | |
| Rad Ziel | 5.75 | 9:09 | 32.79 | 14 | 2:19 | 14 | 2:19 | 20.50 | 52:59 | 22.65 | 16 | | 16 | |
| Rad □ | 20.00 | 40:37 | 29.54 | 13 | 9:41 | 13 | 9:41 | 20.50 | 52:59 | 22.65 | 16 | | 16 | |
| Wechsel R->L | - | 0:43 | - | 20 | 0:14 | 20 | 0:14 | 20.50 | 53:42 | 22.35 | 16 | | 16 | |
| Rad □□□ | 20.00 | 41:20 | 29.03 | 13 | 9:48 | 13 | 9:48 | 20.50 | 53:42 | 22.35 | 16 | | 16 | |
| ZZ Lauf | 2.50 | 12:31 | 9.59 | 24 | 7:45 | 24 | 7:45 | 23.00 | 1:06:13 | 20.84 | 16 | | 16 | |
| Lauf Ziel | 2.50 | 14:45 | 8.14 | 23 | 6:21 | 23 | 6:21 | 25.50 | 1:20:58 | 18.53 | 14 | 22:11 | 14 | 22:11 |
| Lauf □□□ | 5.00 | 27:16 | 11.00 | 24 | 12:22 | 24 | 12:22 | 25.50 | 1:20:58 | 18.53 | 14 | 22:11 | 14 | 22:11 |