



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Team Sprengart, Dubois de Luchet & Fischer 1:25

□□: Team Sprengart, Dubois de Luchet & Fischer

□□: 337

□□: 25.50 km

Triathlonstaffel

□□□□:

Triathlon-Staffel

□□□□□/□□□: 16 (of 29)

□□□□□/□□□: 16 (of 29)

□□□□□□: 58:47

□□□□□: 16(of 29)

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.50	13:08	0.00	21	4:55	21	4:55	0.50	13:08	0.00	15	3:07	15	3:07
Wechsel S->R	-	1:39	-	21	0:27	21	0:27	0.50	14:47	0.00	15	3:19	15	3:19
Schwimmen □□□	0.50	14:47	0.00	15	3:19	15	3:19	0.50	14:47	0.00	15	3:19	15	3:19
ZZ Rad	5.75	7:19	41.00	4	1:05	4	1:05	6.25	22:06	16.29	15	0:47	15	0:47
ZZ Rad	4.25	10:15	23.41	5	1:17	5	1:17	10.50	32:21	18.55	15		15	
ZZ Rad	4.25	10:37	22.61	5	1:43	5	1:43	14.75	42:58	19.55	14		14	
Rad Ziel	5.75	8:07	36.96	5	1:17	5	1:17	20.50	51:05	23.49	14		14	
Rad □	20.00	36:18	33.06	5	5:22	5	5:22	20.50	51:05	23.49	14		14	
Wechsel R->L	-	1:05	-	25	0:36	25	0:36	20.50	52:10	23.00	14		14	
Rad □□□	20.00	37:23	32.10	5	5:51	5	5:51	20.50	52:10	23.00	14		14	
ZZ Lauf	2.50	14:39	8.19	28	9:53	28	9:53	23.00	1:06:49	20.65	14		14	
Lauf Ziel	2.50	14:36	8.22	22	6:12	22	6:12	25.50	1:21:25	18.42	16	22:38	16	22:38
Lauf □□□	5.00	29:15	10.26	27	14:21	27	14:21	25.50	1:21:25	18.42	16	22:38	16	22:38