



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Team Ott, Behm-Hansen & Rossow □□□: 1:21:30

□□: Team Ott, Behm-Hansen & Rossow

□□: 351

□□: 25.50 km

Triathlonstaffel

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Triathlon-Staffel

□□□□□/□□□: 17 (of 29)

□□□□□/□□□: 17 (of 29)

□□□□□□: 58:47

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.50	14:23	0.00	25	6:10	25	6:10	0.50	14:23	0.00	14	4:22	14	4:22
Wechsel S->R	-	2:49	-	29	1:37	29	1:37	0.50	17:12	0.00	14	5:44	14	5:44
Schwimmen □□□	0.50	17:12	0.00	14	5:44	14	5:44	0.50	17:12	0.00	14	5:44	14	5:44
ZZ Rad	5.75	8:31	35.23	18	2:17	18	2:17	6.25	25:43	14.00	11	4:24	11	4:24
ZZ Rad	4.25	12:05	19.86	16	3:07	16	3:07	10.50	37:48	15.87	14	2:40	14	2:40
ZZ Rad	4.25	12:47	18.77	19	3:53	19	3:53	14.75	50:35	16.61	13	1:12	13	1:12
Rad Ziel	5.75	10:45	27.91	24	3:55	24	3:55	20.50	1:01:20	19.57	13	1:12	13	1:12
Rad □	20.00	44:08	27.19	20	13:12	20	13:12	20.50	1:01:20	19.57	13	1:12	13	1:12
Wechsel R->L	-	0:39	-	16	0:10	16	0:10	20.50	1:01:59	19.36	12	1:17	12	1:17
Rad □□□	20.00	44:47	26.80	19	13:15	19	13:15	20.50	1:01:59	19.36	12	1:17	12	1:17
ZZ Lauf	2.50	9:11	13.07	5	4:25	5	4:25	23.00	1:11:10	19.39	13	0:39	13	0:39
Lauf Ziel	2.50	10:20	11.61	3	1:56	3	1:56	25.50	1:21:30	18.40	17	22:43	17	22:43
Lauf □□□	5.00	19:31	15.37	3	4:37	3	4:37	25.50	1:21:30	18.40	17	22:43	17	22:43