



# 11. Triathlon Lorsch

Lorsch / 10.08.2014

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Team Bähring, Hufnagel & Gärtner      □□□: 1:24:41

□□: Team Bähring, Hufnagel & Gärtner

□□: 363

□□: 25.50 km

Triathlonstaffel

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Triathlon-Staffel

□□□□□/□□□: 20 (of 29)

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□□□□□□: 58:47

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.50	15:07	0.00	28	6:54	28	6:54	0.50	15:07	0.00	11	5:06	11	5:06
Wechsel S->R	-	2:02	-	26	0:50	26	0:50	0.50	17:09	0.00	11	5:41	11	5:41
Schwimmen □□□	0.50	17:09	0.00	11	5:41	11	5:41	0.50	17:09	0.00	11	5:41	11	5:41
ZZ Rad	5.75	8:34	35.02	20	2:20	20	2:20	6.25	25:43	14.00	11	4:24	11	4:24
ZZ Rad	4.25	12:04	19.89	15	3:06	15	3:06	10.50	37:47	15.88	11	2:39	11	2:39
ZZ Rad	4.25	12:09	19.75	16	3:15	16	3:15	14.75	49:56	16.82	10	0:33	10	0:33
Rad Ziel	5.75	9:23	31.97	16	2:33	16	2:33	20.50	59:19	20.23	10		10	
Rad □	20.00	42:10	28.46	16	11:14	16	11:14	20.50	59:19	20.23	10		10	
Wechsel R->L	-	0:44	-	22	0:15	22	0:15	20.50	1:00:03	19.98	10		10	
Rad □□□	20.00	42:54	27.97	15	11:22	15	11:22	20.50	1:00:03	19.98	10		10	
ZZ Lauf	2.50	11:29	10.45	17	6:43	17	6:43	23.00	1:11:32	19.29	10	1:01	10	1:01
Lauf Ziel	2.50	13:09	9.13	15	4:45	15	4:45	25.50	1:24:41	17.71	20	25:54	20	25:54
Lauf □□□	5.00	24:38	12.18	16	9:44	16	9:44	25.50	1:24:41	17.71	20	25:54	20	25:54