



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Team Tic Tric Trac

□□□: 1:25:30

□□: Team Tic Tric Trac

□□: 341

□□: 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	12:58	0.00	19	4:45	19	4:45	0.50	12:58	0.00	9	2:57	9	2:57
Wechsel S->R	-	1:26	-	10	0:14	10	0:14	0.50	14:24	0.00	9	2:56	9	2:56
Schwimmen □□□	0.50	14:24	0.00	9	2:56	9	2:56	0.50	14:24	0.00	9	2:56	9	2:56
ZZ Rad	5.75	8:56	33.58	25	2:42	25	2:42	6.25	23:20	15.43	9	2:01	9	2:01
ZZ Rad	4.25	12:54	18.60	22	3:56	22	3:56	10.50	36:14	16.56	9	1:06	9	1:06
ZZ Rad	4.25	13:33	17.71	21	4:39	21	4:39	14.75	49:47	16.87	8	0:24	8	0:24
Rad Ziel	5.75	10:16	29.22	21	3:26	21	3:26	20.50	1:00:03	19.98	8		8	
Rad □	20.00	45:39	26.29	21	14:43	21	14:43	20.50	1:00:03	19.98	8		8	
Wechsel R->L	-	0:35	-	9	0:06	9	0:06	20.50	1:00:38	19.79	8		8	
Rad □□□	20.00	46:14	25.96	20	14:42	20	14:42	20.50	1:00:38	19.79	8		8	
ZZ Lauf	2.50	11:23	10.54	14	6:37	14	6:37	23.00	1:12:01	19.16	8	1:30	8	1:30
Lauf Ziel	2.50	13:29	8.90	17	5:05	17	5:05	25.50	1:25:30	17.54	22	26:43	22	26:43
Lauf □□□	5.00	24:52	12.06	17	9:58	17	9:58	25.50	1:25:30	17.54	22	26:43	22	26:43