



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Team Hofmann, Callander & Sartorius□□□: 1:28:12

□□: Team Hofmann, Callander & Sartorius

□□: 359

□□: 25.50 km

Triathlonstaffel

□□□□:

Triathlon-Staffel

□□□□□/□□□: 25 (of 29)

□□□□□/□□□: 25 (of 29)

□□□□□□: 58:47

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.50	13:19	0.00	22	5:06	22	5:06	0.50	13:19	0.00	6	3:18	6	3:18
Wechsel S->R	-	1:38	-	19	0:26	19	0:26	0.50	14:57	0.00	6	3:29	6	3:29
Schwimmen □□□	0.50	14:57	0.00	6	3:29	6	3:29	0.50	14:57	0.00	6	3:29	6	3:29
ZZ Rad	5.75	8:54	33.71	24	2:40	24	2:40	6.25	23:51	15.09	6	2:32	6	2:32
ZZ Rad	4.25	13:33	17.71	25	4:35	25	4:35	10.50	37:24	16.04	6	2:16	6	2:16
ZZ Rad	4.25	13:33	17.71	21	4:39	21	4:39	14.75	50:57	16.49	5	1:34	5	1:34
Rad Ziel	5.75	10:13	29.36	20	3:23	20	3:23	20.50	1:01:10	19.62	5	1:02	5	1:02
Rad □	20.00	46:13	25.96	22	15:17	22	15:17	20.50	1:01:10	19.62	5	1:02	5	1:02
Wechsel R->L	-	0:41	-	19	0:12	19	0:12	20.50	1:01:51	19.40	5	1:09	5	1:09
Rad □□□	20.00	46:54	25.59	21	15:22	21	15:22	20.50	1:01:51	19.40	5	1:09	5	1:09
ZZ Lauf	2.50	12:03	9.96	21	7:17	21	7:17	23.00	1:13:54	18.67	5	3:23	5	3:23
Lauf Ziel	2.50	14:18	8.39	19	5:54	19	5:54	25.50	1:28:12	17.01	25	29:25	25	29:25
Lauf □□□	5.00	26:21	11.39	21	11:27	21	11:27	25.50	1:28:12	17.01	25	29:25	25	29:25