



11. Triathlon Lorsch

Lorsch / 10.08.2014

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Team Physio-Fey

□□□: 1:33:47

□□: Team Physio-Fey

□□: 345

□□: 25.50 km

Triathlonstaffel

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Triathlon-Staffel

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.50	15:32	0.00	29	7:19	29	7:19	0.50	15:32	0.00	5	5:31	5	5:31
Wechsel S->R	-	1:56	-	25	0:44	25	0:44	0.50	17:28	0.00	5	6:00	5	6:00
Schwimmen □□□	0.50	17:28	0.00	5	6:00	5	6:00	0.50	17:28	0.00	5	6:00	5	6:00
ZZ Rad	5.75	9:48	30.61	28	3:34	28	3:34	6.25	27:16	13.20	5	5:57	5	5:57
ZZ Rad	4.25	14:56	16.07	29	5:58	29	5:58	10.50	42:12	14.22	5	7:04	5	7:04
ZZ Rad	4.25	15:26	15.55	28	6:32	28	6:32	14.75	57:38	14.57	4	8:15	4	8:15
Rad Ziel	5.75	12:02	24.93	28	5:12	28	5:12	20.50	1:09:40	17.22	4	9:32	4	9:32
Rad □	20.00	52:12	22.99	28	21:16	28	21:16	20.50	1:09:40	17.22	4	9:32	4	9:32
Wechsel R->L	-	0:38	-	14	0:09	14	0:09	20.50	1:10:18	17.07	3	9:36	3	9:36
Rad □□□	20.00	52:50	22.71	27	21:18	27	21:18	20.50	1:10:18	17.07	3	9:36	3	9:36
ZZ Lauf	2.50	11:29	10.45	17	6:43	17	6:43	23.00	1:21:47	16.87	4	11:16	4	11:16
Lauf Ziel	2.50	12:00	10.00	10	3:36	10	3:36	25.50	1:33:47	15.99	26	35:00	26	35:00
Lauf □□□	5.00	23:29	12.78	12	8:35	12	8:35	25.50	1:33:47	15.99	26	35:00	26	35:00