



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Team Maurer, Maurer

□□□: 1:02:09

□□: Team Maurer, Langer, Maurer

□□: 356

□□: 25.50 km

Triathlonstaffel

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□□□□□□: 57:18

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Triathlon-Staffel

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| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| Schwimmen nett | 0.50 | 7:59 | 3.76 | 3 | 1:07 | 3 | 1:07 | 0.50 | 7:59 | 3.76 | 3 | 1:07 | 3 | 1:07 |
| Wechsel S -> R | - | 1:11 | - | 1 | - | 1 | - | 0.50 | 9:10 | 3.27 | 3 | 0:49 | 3 | 0:49 |
| Schwimmen □□□ | 0.50 | 9:10 | 3.27 | 3 | 0:49 | 3 | 0:49 | 0.50 | 9:10 | 3.27 | 3 | 0:49 | 3 | 0:49 |
| Rad netto | 20.00 | 34:05 | 35.21 | 6 | 3:57 | 6 | 3:57 | 20.50 | 43:15 | 28.44 | 4 | 4:46 | 4 | 4:46 |
| Wechsel R -> L | - | 0:35 | - | 15 | 0:11 | 15 | 0:11 | 20.50 | 43:50 | 28.06 | 4 | 4:47 | 4 | 4:47 |
| Rad □□□ | 20.00 | 34:40 | 34.62 | 6 | 3:58 | 6 | 3:58 | 20.50 | 43:50 | 28.06 | 4 | 4:47 | 4 | 4:47 |
| Lauf | 5.00 | 18:19 | 16.38 | 2 | 0:04 | 2 | 0:04 | 25.50 | 1:02:09 | 24.62 | 2 | 4:51 | 2 | 4:51 |