



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Team Hofmann, Brudy & Ahlheim

□□□: 1:17:08

□□: Team Hofmann, Brudy & Ahlheim

□□: 361

□□: 25.50 km

Triathlonstaffel

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Triathlon-Staffel

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| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| Schwimmen nett | 0.50 | 13:45 | 2.18 | 18 | 6:53 | 18 | 6:53 | 0.50 | 13:45 | 2.18 | 18 | 6:53 | 18 | 6:53 |
| Wechsel S -> R | - | 1:21 | - | 6 | 0:10 | 6 | 0:10 | 0.50 | 15:06 | 1.99 | 17 | 6:45 | 17 | 6:45 |
| Schwimmen □□□ | 0.50 | 15:06 | 1.99 | 17 | 6:45 | 17 | 6:45 | 0.50 | 15:06 | 1.99 | 17 | 6:45 | 17 | 6:45 |
| Rad netto | 20.00 | 34:38 | 34.65 | 8 | 4:30 | 8 | 4:30 | 20.50 | 49:44 | 24.73 | 11 | 11:15 | 11 | 11:15 |
| Wechsel R -> L | - | 0:29 | - | 4 | 0:05 | 4 | 0:05 | 20.50 | 50:13 | 24.49 | 11 | 11:10 | 11 | 11:10 |
| Rad □□□ | 20.00 | 35:07 | 34.17 | 8 | 4:25 | 8 | 4:25 | 20.50 | 50:13 | 24.49 | 11 | 11:10 | 11 | 11:10 |
| Lauf | 5.00 | 26:55 | 11.15 | 11 | 8:40 | 11 | 8:40 | 25.50 | 1:17:08 | 19.84 | 11 | 19:50 | 11 | 19:50 |