



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Turbo Schimpis

000: 1:19:25

00: Turbo Schimpis

00: 346

00: 25.50 km

Triathlonstaffel

00000/000: 14 (of 25)

00000/000: 14 (of 25)

000000: 57:18

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Triathlon-Staffel

00000: 14(of 25)

0000000: 57:18

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000	00 km	00 00	00 km/h	00 -	00 -	00 000	00 000	000	000	000	00 -	00 -	00 000	00 000
Schwimmen nett	0.50	11:18	0.00	11	4:26	11	4:26	0.50	11:18	0.00	11	4:26	11	4:26
Wechsel S -> R	-	1:29	-	14	0:18	14	0:18	0.50	12:47	0.00	13	4:26	13	4:26
Schwimmen 000	0.50	12:47	0.00	13	4:26	13	4:26	0.50	12:47	0.00	13	4:26	13	4:26
Rad netto	20.00	42:38	28.15	21	12:30	21	12:30	20.50	55:25	21.65	19	16:56	19	16:56
Wechsel R -> L	-	0:24	-	1	-	1	-	20.50	55:49	21.50	18	16:46	18	16:46
Rad 000	20.00	43:02	27.89	21	12:20	21	12:20	20.50	55:49	21.50	18	16:46	18	16:46
Lauf	5.00	23:36	12.71	7	5:21	7	5:21	25.50	1:19:25	18.89	14	22:07	14	22:07