



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Jungbuschs

□□□: 1:20:23

□□: Jungbuschs

□□: 354

□□: 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 | 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 | - | 1:11 | - | 1 | - | 1 | - | 0.50 | 12:29 | 0.00 | 11 | 4:08 | 11 | 4:08 |
| Schwimmen □□□ | 0.50 | 12:29 | 0.00 | 11 | 4:08 | 11 | 4:08 | 0.50 | 12:29 | 0.00 | 11 | 4:08 | 11 | 4:08 |
| Rad netto | 20.00 | 40:17 | 29.79 | 16 | 10:09 | 16 | 10:09 | 20.50 | 52:46 | 22.74 | 17 | 14:17 | 17 | 14:17 |
| Wechsel R -> L | - | 0:27 | - | 3 | 0:03 | 3 | 0:03 | 20.50 | 53:13 | 22.55 | 17 | 14:10 | 17 | 14:10 |
| Rad □□□ | 20.00 | 40:44 | 29.46 | 16 | 10:02 | 16 | 10:02 | 20.50 | 53:13 | 22.55 | 17 | 14:10 | 17 | 14:10 |
| Lauf | 5.00 | 27:10 | 11.04 | 12 | 8:55 | 12 | 8:55 | 25.50 | 1:20:23 | 18.66 | 15 | 23:05 | 15 | 23:05 |