



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Jungbuschs

000: 1:20:23

00: Jungbuschs

00: 354

00: 25.50 km

Triathlonstaffel

00000/000: 15 (of 25)

00000/000: 15 (of 25)

000000: 57:18

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Triathlon-Staffel

00000: 15(of 25)

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	km	00	km/h	-	-	000	000	km	00	km/h	-	-	000	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	-	1:11	-	1	-	1	-	0.50	12:29	0.00	11	4:08	11	4:08
Schwimmen 000	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 000	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