



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Team Hölzel, Fleschhut & Kirchner □□□: 1:26:59

□□: Team Hölzel, Fleschhut & Kirchner

□□: 357

□□: 25.50 km

Triathlonstaffel

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Triathlon-Staffel

□□□□□/□□□: 20 (of 25)

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□□□□□□: 57:18

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Schwimmen nett	0.50	14:59	2.00	25	8:07	25	8:07	0.50	14:59	2.00	25	8:07	25	8:07
Wechsel S -> R	-	2:12	-	24	1:01	24	1:01	0.50	17:11	1.75	25	8:50	25	8:50
Schwimmen □□□	0.50	17:11	1.75	25	8:50	25	8:50	0.50	17:11	1.75	25	8:50	25	8:50
Rad netto	20.00	44:45	26.82	23	14:37	23	14:37	20.50	1:01:56	19.86	23	23:27	23	23:27
Wechsel R -> L	-	0:34	-	12	0:10	12	0:10	20.50	1:02:30	19.68	23	23:27	23	23:27
Rad □□□	20.00	45:19	26.48	23	14:37	23	14:37	20.50	1:02:30	19.68	23	23:27	23	23:27
Lauf	5.00	24:29	12.25	10	6:14	10	6:14	25.50	1:26:59	17.59	20	29:41	20	29:41