



# 12. Lorsch Triathlon

Lorsch / 02.08.2015

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## Heppenheimer Skiclub

000: 1:28:50

00: Heppenheimer Skiclub

00: 339

00: 25.50 km

Triathlonstaffel

00000/000: 21 (of 25)

00000/000: 21 (of 25)

000000: 57:18

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Triathlon-Staffel

00000: 21(of 25)

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	km	00	km/h	-	-	000	000	km	00	km/h	-	-	000	000
Schwimmen nett	0.50	13:52	0.00	20	7:00	20	7:00	0.50	13:52	0.00	20	7:00	20	7:00
Wechsel S -> R	-	1:32	-	16	0:21	16	0:21	0.50	15:24	0.00	20	7:03	20	7:03
Schwimmen 000	0.50	15:24	0.00	20	7:03	20	7:03	0.50	15:24	0.00	20	7:03	20	7:03
Rad netto	20.00	42:08	28.48	20	12:00	20	12:00	20.50	57:32	20.86	21	19:03	21	19:03
Wechsel R -> L	-	0:29	-	4	0:05	4	0:05	20.50	58:01	20.68	21	18:58	21	18:58
Rad 000	20.00	42:37	28.16	20	11:55	20	11:55	20.50	58:01	20.68	21	18:58	21	18:58
Lauf	5.00	30:49	9.73	21	12:34	21	12:34	25.50	1:28:50	16.89	21	31:32	21	31:32