



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

□□□□

'Triathlonsteam "ABER SICHER"'

□□□: 1:09:23

□□: 'Triathlonsteam "ABER SICHER"'

□□: 337

□□: 25.50 km

Triathlonstaffel

□□□□□/□□□: 4 (of 24)

□□□□□/□□□: 4 (of 24)

□□□□□□: 58:20

□□□□:

Triathlon-Staffel

□□□□□: 4(of 24)

□□□□□□□: 58:20

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.50	9:37	19:14	4	2:17	4	2:17	0.50	9:37	19:14	4	2:17	4	2:17
Wechsel S -> R	-	1:43	-	14	0:33	14	0:33	0.50	11:20	22:40	4	2:37	4	2:37
Schwimmen □□□	0.50	11:20	22:40	4	2:37	4	2:37	0.50	11:20	22:40	4	2:37	4	2:37
Rad netto	20.00	38:42	1:56	13	8:12	13	8:12	20.50	50:02	2:26	10	10:49	10	10:49
Wechsel R -> L	-	0:29	-	3	0:05	3	0:05	20.50	50:31	2:27	10	10:49	10	10:49
Rad □□□	20.00	39:11	1:57	13	8:12	13	8:12	20.50	50:31	2:27	10	10:49	10	10:49
Lauf	5.00	18:52	3:46	3	0:59	3	0:59	25.50	1:09:23	2:43	4	11:03	4	11:03