



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Team Hofmeister, Schweidler & Henninger 1:09:32

□□: Team Hofmeister, Schweidler & Henninger

□□: 346

□□: 25.50 km

Triathlonstaffel

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Triathlon-Staffel

□□□□□/□□□: 5 (of 24)

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□□□□□□: 58:20

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Schwimmen nett	0.50	10:14	20:27	7	2:54	7	2:54	0.50	10:14	20:27	7	2:54	7	2:54	
Wechsel S -> R	-	1:47	-	17	0:37	17	0:37	0.50	12:01	24:02	9	3:18	9	3:18	
Schwimmen □□□	0.50	12:01	24:02	9	3:18	9	3:18	0.50	12:01	24:02	9	3:18	9	3:18	
Rad netto	20.00	35:14	1:45	5	4:44	5	4:44	20.50	47:15	2:18	4	8:02	4	8:02	
Wechsel R -> L	-	0:41	-	17	0:17	17	0:17	20.50	47:56	2:20	4	8:14	4	8:14	
Rad □□□	20.00	35:55	1:47	5	4:56	5	4:56	20.50	47:56	2:20	4	8:14	4	8:14	
Lauf	5.00	21:36	4:19	5	3:43	5	3:43	25.50	1:09:32	2:43	5	11:12	5	11:12	