



13. Lorsch Triathlon

Lorsch / 14.08.2016

□□□□

Team Sprengart, de Dubois & Schmitt□□□: 1:14:53

□□: Team Sprengart, de Dubois & Schmitt

□□: 341

□□: 25.50 km

Triathlonstaffel

□□□□:

Triathlon-Staffel

□□□□□/□□□: 8 (of 24)

□□□□□/□□□: 8 (of 24)

□□□□□□: 58:20

□□□□□: 8(of 24)

□□□□□□□: 58:20

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.50	13:41	27:22	22	6:21	22	6:21	0.50	13:41	27:22	22	6:21	22	6:21
Wechsel S -> R	-	1:43	-	14	0:33	14	0:33	0.50	15:24	30:48	22	6:41	22	6:41
Schwimmen □□□	0.50	15:24	30:48	22	6:41	22	6:41	0.50	15:24	30:48	22	6:41	22	6:41
Rad netto	20.00	32:55	1:38	2	2:25	2	2:25	20.50	48:19	2:21	5	9:06	5	9:06
Wechsel R -> L	-	0:28	-	2	0:04	2	0:04	20.50	48:47	2:22	5	9:05	5	9:05
Rad □□□	20.00	33:23	1:40	2	2:24	2	2:24	20.50	48:47	2:22	5	9:05	5	9:05
Lauf	5.00	26:06	5:13	11	8:13	11	8:13	25.50	1:14:53	2:56	8	16:33	8	16:33