



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Schmidt Enterprise

000: 1:15:22

00: Schmidt Enterprise

00: 358

00: 25.50 km

Triathlonstaffel

00000/000: 9 (of 24)

00000/000: 9 (of 24)

000000: 58:20

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Triathlon-Staffel

00000: 9(of 24)

0000000: 58:20

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| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|----------------|-------|-------|--------|----|------|-----|------|-------|---------|--------|----|-------|-----|-------|
| | km | 00 | min/km | - | - | 000 | 000 | km | 00 | min/km | - | - | 000 | 000 |
| Schwimmen nett | 0.50 | 11:13 | 22:26 | 13 | 3:53 | 13 | 3:53 | 0.50 | 11:13 | 22:26 | 13 | 3:53 | 13 | 3:53 |
| Wechsel S -> R | - | 1:27 | - | 6 | 0:17 | 6 | 0:17 | 0.50 | 12:40 | 25:19 | 13 | 3:57 | 13 | 3:57 |
| Schwimmen 000 | 0.50 | 12:40 | 25:19 | 13 | 3:57 | 13 | 3:57 | 0.50 | 12:40 | 25:19 | 13 | 3:57 | 13 | 3:57 |
| Rad netto | 20.00 | 36:25 | 1:49 | 7 | 5:55 | 7 | 5:55 | 20.50 | 49:05 | 2:23 | 7 | 9:52 | 7 | 9:52 |
| Wechsel R -> L | - | 0:35 | - | 13 | 0:11 | 13 | 0:11 | 20.50 | 49:40 | 2:25 | 7 | 9:58 | 7 | 9:58 |
| Rad 000 | 20.00 | 37:00 | 1:51 | 7 | 6:01 | 7 | 6:01 | 20.50 | 49:40 | 2:25 | 7 | 9:58 | 7 | 9:58 |
| Lauf | 5.00 | 25:42 | 5:08 | 9 | 7:49 | 9 | 7:49 | 25.50 | 1:15:22 | 2:57 | 9 | 17:02 | 9 | 17:02 |